

Quick & Easy
77 KETO
- Vegetarian -
RECIPES



CLAUDIA J. CALDWELL

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info@cj-caldwell.com

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COCONUT PORRIDGE WITH STRAWBERRIES

Preparation Time: 7 M

Cooking Time: 5 M

Nutrition Facts Per Serving

Calories: 521 Protein: 10g Net Carbs: 4g

Total Carbs: 10g Total Fat: 49g Fiber: 6g

Makes 2 servings

Ingredients

Flax egg:

1 tbsp. flax seed
powder

3 tbsp. water

1 oz. olive oil

1 tbsp. coconut flour

Directions:

In a small bowl, mix the flax seed powder with the water, and allow soaking for 5 M.

Place a non-stick saucepan over low heat and pour in the olive oil, flax egg, coconut flour, chia seeds, coconut cream, and salt. Cook the mixture while stirring continuously until your desired consistency is achieved.

Turn the heat off and spoon the porridge into serving bowls.

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1 pinch ground chia
seeds

5 tbsp. coconut cream

1 pinch salt

Thawed frozen
strawberries to serve

Top with 4 to 6 strawberries
desired and serve immediately.

RASPBERRY ALMOND SMOOTHIE

Preparation Time: 2 M

Nutrition Facts Per Serving

Calories: 406 Total Fat: 38g Total Carbs: 10g

Fiber: 1g Net Carbs: 9g Protein: 5g

Makes 4 servings

Ingredients

1 ½ cups almond
milk or coconut milk

½ cup raspberries

Juice from half lemon

½ tsp. almond extract

Directions:

In a blender or smoothie maker, pour the almond milk, raspberries, lemon juice, and almond extract. Puree the ingredients on high speed until the raspberries have blended almost entirely into the liquid.

Turn the blender off and pour the smoothie into serving glasses.

Stick in some straws and serve immediately.

BROCCOLI HASH BROWNS

Preparation Time: 10 M

Cooking Time: 24 M

Nutrition Facts Per Serving

Calories: 287 Total Fat: 25g Total Carbs: 7g

Fiber: 3g Net Carbs: 4g Protein: 8g

Makes 6 servings

Ingredients

3 tbsp. flax seed
powder

9 tbsp. water

1 big head
broccoli, rinse and
cut into florets

½ white onion,
grated

1 tsp. salt

Directions:

In a small bowl, mix the flax seed powder with the water, and allow soaking for 5 M. Pour the broccoli into a food processor and pulse a few times until smoothly grated.

Transfer the broccoli into a large bowl, add the flax egg, white onion, salt, and black pepper. Use a spoon to mix the ingredients evenly, and set aside for 5 to 10 M to firm up a bit. Place a large non-stick skillet over medium heat and drop 1/3 of the vegan butter to melt until no longer shimmering.

KETOGENIC VEGETARIAN RECIPES

1 tbsp. freshly
ground black
pepper

5 tbsp. vegan
butter, for frying

Ladle scoops of the broccoli mixture into the skillet (about 3 to 4 hash browns per batch), flatten the pancakes to measure 3 to 4 inches in diameter and fry until golden brown on one side, 4 M. Turn the pancakes with a spatula and cook the other side to brown too, another 5 M.

Transfer the hash browns to a serving plate and repeat the frying process for the remaining broccoli mixture. Serve the hash browns warm with fresh garden green salad.

MIXED SEEDS BREAD

Preparation Time: 10 M

Cooking Time: 45 M

Nutrition Facts Per Serving

Calories: 230 Total Fat: 19g Total Carbs: 7g

Fiber: 4g Net Carbs: 3g Protein: 7g

Makes 6 servings

Ingredients

For the flax egg:

3 tbsp. ground flax
seeds

½ cup

1 tbsp. water

For the bread dough:

Directions:

Preheat the oven to 350 F and line a 4 x 7 inches loaf pan with parchment paper.

For the flax eggs, whisk the flax seed powder with the water, and let the mixture sit to soak for 5 M.

Then, in a medium bowl, evenly combine the coconut flour, almond flour, baking powder, sesame seeds, chia seeds, ground caraway seeds, hemp

KETOGENIC VEGETARIAN RECIPES

$\frac{3}{4}$ cup coconut flour

1 cup almond flour

3 tsp. baking powder

5 tbsp. sesame seeds

$\frac{1}{2}$ cup chia seeds

1 tsp. ground caraway
seeds

1 tsp. hemp seeds

$\frac{1}{4}$ cup phylum husk
powder

1 tsp. salt

$\frac{2}{3}$ cup dairy-free
cream cheese, room
temperature

$\frac{1}{2}$ cup melted
coconut oil

$\frac{3}{4}$ cup coconut cream

1 tbsp. poppy seeds

seeds, phylum husk powder,
and salt.

In another bowl, use an electric
hand mixer to whisk the cream
cheese, coconut oil, coconut
whipping cream, and flax egg.

Pour the liquid ingredients into
the dry ingredients, and
continue whisking with the
hand mixer until a dough
forms.

Transfer the dough to the loaf
pan, sprinkle with poppy seeds,
and bake in the oven for 45 M
or until a knife inserted into the
bread comes out clean.

Remove the parchment paper
with the bread, and allow
cooling on a rack. (Don't cool
the bread in the loaf pan else the
crust will be soggy).

Slice and serve the bread as a
compliment for breakfast.

PESTO BREAD TWISTS

Preparation Time: 15 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 206 Total Fat: 17g Total Carbs: 5g

Fiber: 2g Net Carbs: 3g Protein: 8g

Makes 6 servings

Ingredients

1 tbsp. flax seed
powder

3 tbsp. water

4 tbsp. coconut flour

½ cup almond flour

½ tsp. salt

1 tsp baking powder

5 tbsp vegan butter

Directions:

First, mix the flax seed powder with water in a bowl, and set aside to soak for 5 M.

Preheat the oven to 350 F and line a baking sheet with parchment paper.

In a bowl, evenly combine the coconut flour, almond flour, salt, and baking powder.

Melt the vegan butter and cheese in a deep skillet over medium heat and stir in the flax egg. Mix in the flour mixture until a firm dough forms.

KETOGENIC VEGETARIAN RECIPES

1½ cups shredded
vegan mozzarella
cheese

2 oz. pesto

Olive oil for brushing

Turn the heat off and transfer the mixture in between two parchment papers, then use a rolling pin to flatten out the dough of about an inch's thickness.

Remove the parchment paper on top and spread the pesto all over the dough. Now, use a knife to cut the dough into strips, twist each piece, and place on the baking sheet.

Brush with olive oil and bake for 15 to 20 M until golden brown.

Remove the bread twist; allow cooling for a few M, and serve with warm almond milk.

CLASSIC FRENCH TOASTS

Preparation Time: 10 M

Cooking Time: 6 M

Nutrition Facts Per Serving

Calories: 420 Total Fat: 36g Total Carbs: 8g

Fiber: 5; Net Carbs: 3g Protein: 16g

Makes 2 servings

Ingredients

For the glass dish bread:

2 tbsp. flax seed meal

6 tbsp. water

1 tsp. vegan butter

2 tbsp. coconut flour

2 tbsp. almond flour

Directions:

For the flax egg, whisk both quantities of flax seed powder with mixing water in two separate bowls and leave to soak for 5 M.

For the glass dish bread then, grease a glass dish (for the microwave) with the vegan butter.

In another bowl, mix the coconut flour, almond flour, baking powder, and salt.

When the flax seed egg is ready, whisk one portion with the coconut whipping cream and

1½ tsp. baking powder

A pinch salt

2 tbsp. coconut cream

For the toast's batter

2 tbsp. flax seed meal

6 tbsp. water

2 tbsp. coconut milk
whipping cream

½ tsp. cinnamon
powder

extra for garnishing

1 pinch salt

2 tbsp. vegan butter

add the mixture to the dry ingredients. Continue whisking until the mixture is smooth with no lumps.

Pour the dough into the glass dish and microwave for 2 M or until the middle part of the bread is done.

Take out and allow the bread to cool. Then, remove the bread and slice in half. Return to the glass dish.

For the toast

Whisk the mixture the remaining flax egg with the coconut whipping cream, cinnamon powder, and salt until well combined.

Pour the mixture over the bread slices and leave to soak. Turn the bread a few times to soak in as much of the batter.

MEXICAN TOFU SCRAMBLE

Preparation Time: 34 M

Cooking Time: 12 M

Nutrition Facts Per Serving

Calories: 25g Total Fat: 19g Total Carbs: 5g

Fiber: 2g Net Carbs: 3g Protein: 16g

Makes 4 servings

Ingredients

8 oz. water-packed
extra firm tofu

2 tbsp. vegan butter,
for frying

1 green bell pepper,
seeded and finely
chopped

1 tomato, finely
chopped

Directions:

Place the tofu in between two parchment papers to drain liquid for about 30 M.

After 30 M, melt the vegan butter in a large non-stick skillet until no longer foaming.

Crumble the tofu into the vegan butter and fry until golden brown, stirring occasionally and making sure not to break up the tofu into tiny pieces. The goal is to have the tofu like scrambled eggs, about 4 to 6 M.

Stir in the bell pepper, tomato, scallions, and cook until the

KETOGENIC VEGETARIAN RECIPES

2 tbsp. freshly
chopped scallions to
garnish

Salt and freshly
ground pepper to
taste

1 tsp. Mexican-style
chili powder

3 oz. grated vegan
parmesan cheese

vegetables are soft, about 4 M.
Then, season with salt, black
pepper, chili powder, and stir in
the cheese to incorporate and
beginning to melt about 2 M.

Spoon the scramble into a
serving platter and serve warm
with a zesty avocado salad.

NO-BREAD AVOCADO SANDWICH

Preparation Time: 10 M

Nutrition Facts Per Serving

Calories: 385 Total Fat: 32g Total Carbs: 13g

Fiber: 9g Net Carbs: 4g Protein: 12g

Makes 6 servings

Ingredients

1 avocado

1 large red tomato

2 oz. little gem lettuce

½ oz. vegan butter

1 oz. Tofu Gouda,
sliced

Freshly chopped
parsley to garnish


Directions:

Use a knife to cut the avocado in half, remove the seed, and slice out the pulp into a plate, about 8 slices.

Also, slice the tomatoes into 4 to 5 rings and place by the avocado.

Next, rinse the lettuce under running water until clean. Shake off the excess water and pat the leaves dry with a clean napkin.

Arrange the lettuce (with inner side facing you) on a flat plate



to serve as the base of the sandwich.

To assemble the sandwich, smear each leaf with vegan butter, and arrange some tofu Gouda slices in the leaves. Then, share the avocado and tomato slices on each cheese.

Garnish the sandwiches with a little parsley and serve the sandwich immediately.

BLUEBERRY CHIA PUDDING

*Preparation Time: 3 M + 4hour
refrigeration*

Nutrition Facts Per Serving

Calories: 301 Total Fat: 23g Total Carbs: 15g

Fiber: 9g Net Carbs: 6g Protein: 9g

Makes 2 servings

Ingredients

$\frac{3}{4}$ cup coconut milk

$\frac{1}{2}$ tsp. vanilla extract

$\frac{1}{2}$ cup blueberries

2 tbsp. chia seeds

Chopped walnuts to
garnish

Directions:

In a blender, pour the coconut milk, vanilla extract, and half of the blueberries. Process the ingredients in high speed until the blueberries have incorporated into the liquid.

Open the blender and mix in the chia seeds.

Share the mixture into two breakfast jars, cover, and refrigerate for 4 hours to allow the mixture gel.

Garnish the pudding with the remaining blueberries and walnuts. Serve immediately.

ALMOND FLOUR ENGLISH MUFFINS

Preparation Time: 10 M

Cooking Time: 10 M

Nutrition Facts Per Serving

Calories: 161 Total Fat: 13g Total Carbs: 4g

Fiber: 2g Net Carbs: 2g Protein: 7g

Makes 4 servings

Ingredients

2 tbsp. flax seed
powder

6 tbsp. water

2 tbsp. almond flour

½ tsp. baking powder

1 pinch salt

3 tbsp. vegan butter

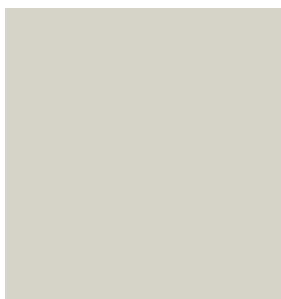
Directions:

In a small bowl, mix the flax seed with water until evenly combined, and leave to soak for 5 M.

In another bowl, evenly combine the almond flour, baking powder, and salt. Then, pour in the flax egg and whisk again. Let the batter sit for 5 M to set.

Melt the vegan butter in a frying pan over medium heat, and add the mixture in four dollops. Fry until golden brown on one side,

KETOGENIC VEGETARIAN RECIPES



then, flip the bread with a spatula and fry further until golden brown.

Plate the muffins and serve with some vegan butter and tea.

CREAMY SESAME BREAD

Preparation Time: 10 M

Cooking Time: 30 M

Nutrition Facts Per Serving

Calories: 285 Total Fat: 26g Total Carbs: 4g

Fiber: 3g Net Carbs: 1g Protein: 8g

Makes 6 servings

Ingredients

4 tbsp. flax seed
powder

1 ½ cups water

2/3 cup dairy-free
cream cheese

4 tbsp. sesame oil +
extra for brushing

1 cup coconut flour

Directions:

In a medium bowl, mix the flax seed powder with water until smoothly combined and set aside to soak for 5 M. Also, preheat the oven to 400 F. When the flax egg is ready, beat in the cream cheese and sesame oil until well mixed.

Whisk in the coconut flour, phylum husk powder, salt, and baking powder until adequately blended.

Grease a 9 x 5 inches baking tray with cooking spray, and spread the dough in the tray.

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2 tbsp. phylum husk
powder

1 tsp. salt

1 tsp. baking powder

1 tbsp. sesame seeds

Allow the mixture to stand for 5 M and then brush with some sesame oil.

Sprinkle with the sesame seeds and bake the dough for 30 M or until golden brown on top and set within. Take out the bread and allow cooling for a few M. Slice and serve as a compliment for breakfast.

BULLETPROOF COFFEE

Preparation Time: 3 M

Nutrition Facts Per Serving

Calories: 336 Total Fat: 36g Total Carbs: 0g

Fiber: 0g Net Carbs: 0g Protein: 2g

Makes 2 servings

Ingredients

2 ½ heaping tbsp.
ground bulletproof
coffee beans

1 cup water

1 tbsp. coconut oil

2 tbsp. unsalted vegan
butter

Directions:

Using a coffee maker, brew one cup of coffee with the ground coffee beans and water.

Transfer the coffee to a blender and add the coconut oil and vegan butter. Blend the mixture until frothy and smooth. After, pour the drink into two teacups and serve immediately.

BREAKFAST NAN BREAD

Preparation Time: 5 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 224 Total Fat: 19g Total Carbs: 9g

Fiber: 6g Net Carbs: 3g Protein: 4g

Makes 6 servings

Ingredients

$\frac{3}{4}$ cup almond flour

2 tbsp. phylum husk powder

1 tsp. salt + extra for sprinkling

$\frac{1}{2}$ tsp. baking powder

$\frac{1}{3}$ cup olive oil

2 cups boiling water

Directions:

In a bowl, mix the almond flour, phylum husk powder, $\frac{1}{2}$ teaspoon of salt, and baking powder.

Mix in some olive oil and boiling water to combine the ingredients, like a thick porridge. Stir thoroughly and allow the dough rise for 5 M.

Divide the dough into 6 to 8 pieces and mold into balls. Place the balls on a parchment paper and flatten with your hands.

Vegan butter, for
frying Garlic butter

4 oz. vegan butter

2 garlic cloves,
minced

After, melt the vegan butter in a frying pan and fry the Nan on both sides to have a beautiful, golden color. Transfer the Nan to a plate and keep warm in the oven.

For the garlic butter, add the remaining vegan butter to the frying pan and sauté the garlic until fragrant, about 3 M.

Pour the garlic butter into a bowl and serve as a dip along with the Nan.

SOUPS & SALADS

SPINACH AND KALE SOUP WITH FRIED COLLARDS

Preparation Time: 6 M

Cooking Time: 10 M

Nutrition Facts Per Serving

Calories: 885 Total Fat: 80g Total Carbs: 27g;

Fiber: 12g Net Carbs: 15g Protein: 14g

Makes 4 servings

Ingredients

3 oz. vegan butter

1 cup fresh spinach,
chopped coarsely

1 cup fresh kale,
chopped coarsely

1 large avocado

3 ½ cups coconut
cream

Directions:

Set a saucepan over medium heat, add the vegan butter, and melt until no longer foaming.

Put the chopped spinach and kale in the pot, sauté the greens until wilted and with a slight color change, about 5 M. Turn the heat off.

Add the avocado, coconut cream, vegetable broth, mint leaves, salt, and black pepper. Puree the ingredients with an

KETOGENIC VEGETARIAN RECIPES

1 cup vegetable broth

3 tbsp. chopped fresh
mint leaves

1 lime

Fried collards

1 tsp. vegan butter

1 cup collard greens,
chopped

3 garlic cloves,
minced

3 pinches green
cardamom powder

Salt and black pepper
to taste

Toasted pistachios for
garnishing

immersion blender until
entirely smooth.

Pour in the lime juice and adjust
the taste with extra spices as
desired. Set the soup aside.

Now, fry the collards. Melt the
other portion of vegan butter in
a non-stick frying pan.

Add the collard green, garlic,
and cardamom; sauté over high
heat until the garlic is fragrant
and has achieved a golden
brown color, about 4 M. Turn
the heat off.

Fetch the soup into serving
bowls and garnish with two to
three scoops of the fried
collards.

Serve the creamy soup warm.

TOFU GOULASH SOUP

Preparation Time: 7 M

Cooking Time: 18 M

Nutrition Facts Per Serving

Calories: 481 Total Fat: 41.8g Total Carbs: 14g

Fiber: 5g Net Carbs: 9g Protein: 12g

Makes 4 servings

Ingredients

1 ½ cup water-packed
extra firm tofu

4 ¼ oz. vegan butter

1 white onion

2 garlic cloves

8 oz. chopped
butternut squash

1 red bell pepper

Directions:

Place the tofu between two paper towels and allow draining of water for 30 M. After, crumble the tofu; set aside.

Melt the vegan butter in a pot set over medium heat until foaming, add and sauté the onion and garlic for 3 M or until the veggies are fragrant and soft.

Stir in the tofu and cook to brown for about 3 M; add the butternut squash, bell pepper, paprika, red chili flakes, basil, cardamom seeds, salt, and black pepper. Cook for 2 M to

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1 tbsp. paprika
powder

¼ tsp. red chili flakes

1 tbsp. dried basil

½ tbsp. crushed
cardamom seeds

Salt and ground black
pepper to taste

1 ½ cups crushed
tomatoes

3 cups vegetable
broth

1½ tsp. red wine
vinegar

Chopped cilantro to
serve

incorporate the flavor of the spices.

Pour in the tomatoes and 2 cups of vegetable broth.

Cover the lid and bring the soup to a boil, then, reduce the heat to simmer for 10 M.

Mix in the remaining vegetable stock and red wine vinegar.

Dish the soup into serving bowls and garnish with chopped cilantro.

Serve with freshly baked low carb bread.

COCONUT CREAM PUMPKIN SOUP

Preparation Time: 8 M

Cooking Time: 45 M

Nutrition Facts Per Serving

Calories: 643 Total Fat: 57g Total Carbs: 12g

Fiber: 3g Net Carbs: 9g Protein: 10g

Makes 4 servings

Ingredients

2 small red onions

2 garlic cloves

10 oz. pumpkins

10 oz. butternut
squash

2 tbsp. melted vegan
butter

Directions:

Preheat the oven to 400 F.

With a knife, peel the onion and cut into wedges. Peel the garlic and set aside. Peel the pumpkins and butternut squash and cut into cubes.

Transfer the veggies to a baking sheet and drizzle with the melted butter. Season with salt and black pepper; use your hands to rub the seasoning evenly on the veggies. Roast in the oven for 30 M or until the

KETOGENIC VEGETARIAN RECIPES

8 oz. vegan butter

Salt and black pepper
to taste

2 cups water

Juice of 1 lime

$\frac{3}{4}$ cup vegan
mayonnaise

Toasted pumpkin
seeds for garnishing

vegetables are golden brown and fragrant.

Remove the vegetables from the oven and transfer to a pot. Add the water, bring the ingredients to boil over medium heat for 15 M or until the pumpkins, and squash are very tender. Turn the heat off.

Break the remaining vegan butter into the pot and puree the vegetables until smooth.

Stir in the lime juice, vegan mayonnaise, and adjust the taste with salt and black pepper.

Spoon the soup into serving bowls and garnish with the toasted pumpkin seeds.

Serve with slices of crusted seed bread.

CELERY DILL SOUP

Preparation Time: 5 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 410 Total Fat: 37g Total Carbs: 13g

Fiber: 4g Net Carbs: 9g Protein: 6g

Makes 4 servings

Ingredients

2 tbsp. coconut oil

½ lb. celery root,
trimmed

1 garlic clove

1 medium white
onion

¼ cup fresh dill,
roughly chopped

Directions

Set a pot over medium heat, add the coconut oil and allow heating until no longer shimmering.

Add the celery root, garlic clove, and onion; sauté the vegetables until fragrant and soft, about 5 M.

Stir in the dill, cumin, and nutmeg, and fry further for 1 minute. Mix in the cauliflower florets and vegetable stock. Bring the soup to a boil for 12 to 15 M or

KETOGENIC VEGETARIAN RECIPES

1 tsp. cumin powder

¼ tsp. nutmeg
powder

1 small head
cauliflower, cut into
florets

3 ½ cups seasoned
vegetable stock

5 oz. vegan butter

Juice from 1 lemon

¼ cup coconut milk
whipping cream

Salt and freshly
ground black pepper

until the cauliflower is soft.
Turn the heat off.

Add the vegan butter and
lemon juice. Puree the
ingredients with an immersion
blender until smooth.

After, mix in the coconut
whipping cream and season the
soup with salt and black pepper.

Spoon the soup into serving
bowls and serve warm with
keto croutons.

BROCCOLI FENNEL SOUP

Preparation Time: 5 M

Cooking Time: 17 M

Nutrition Facts Per Serving

Calories: 510 Total Fat: 44g Total Carbs: 12g

Fiber: 5g Net Carbs: 7g Protein: 16g

Makes 4 servings

Ingredients

1 cup of almond flour

1 cup of blueberries

½ cup of ground nuts

1 cup of apple juice

1 teaspoon of baking
pow1 fennel bulb,
white and green parts
chopped

Directions:

In dry frying pan, sauté flour shortly.

Then, combine fried flour with nuts and baking powder.

Add apple juice and blueberries while stirring. Let the dough sit for 60 M!

Pour mixture into an oiled baking tray and cook at medium temperature for 50 M.

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10 oz. broccoli, cut
into florets

3 cups vegetable
stock

Salt and freshly
ground black pepper

1 garlic clove

1 cup dairy-free
cream cheese

3 oz. vegan butter

½ cup chopped fresh
der

GREEK SALAD

Preparation Time: 10 M

Cooking Time: 2 M

Nutrition Facts Per Serving

Calories: 580 Total Fat: 49g Total Carbs: 19g

Fiber: 6g Net Carbs: 13g Protein: 15g

Makes 2 servings

Ingredients

$\frac{1}{2}$ yellow bell pepper,
seeded and cut into
pieces

3 large tomatoes cut
into bite-size pieces

$\frac{1}{2}$ cucumber, cut into
bite-size pieces

$\frac{1}{2}$ red onion, peeled
and sliced thinly

Directions:

Pour the bell pepper, tomatoes, cucumber, red onion, tofu cheese, and olives into a salad bowl.

Drizzle the red wine vinegar and olive oil over the vegetables. Season with salt, black pepper, and oregano, and toss the salad with two spoons. Share the salad into two bowls and serve immediately with vegan parmesan croutons.

at 350 F.

KETOGENIC VEGETARIAN RECIPES

½ cup tofu cheese,
cut into bite size
squares

10 Klamath olives,
pitted

½ tbsp. red wine
vinegar

4 tbsp. olive oil

Salt and freshly
ground black pepper

2 tsp. dried oregano

MEDLEY OF MUSHROOM SOUP

Preparation Time: 10 M

Cooking Time: 29 M

Nutrition Facts Per Serving

Calories: 506 Total Fat: 46g Total Carbs: 16g

Fiber: 4g Net Carbs: 12g Protein: 8g

Makes 4 servings

Ingredients

4 oz. unsalted vegan
butter

1 small onion, finely
chopped

1 clove garlic, minced

5 oz. white button
mushrooms, chopped

Directions:

Place a saucepan over medium-high heat, add the vegan butter to melt, then sauté the onion, garlic, mushrooms, and celery root in the butter until golden brown and fragrant, about 6 M. Fetch out some mushrooms and reserve for garnishing.

Add the rosemary, water, stock cube, and vinegar. Stir the mixture and bring to a boil for 6 M. After, reduce the heat and

KETOGENIC VEGETARIAN RECIPES

5 oz. criminal
mushrooms, chopped

5 oz. shiitake
mushrooms, chopped

½ lb. celery root,
chopped

½ tsp. dried rosemary

3 cups water

1 vegan stock cube,
crushed

1 tbsp. plain vinegar

1 cup coconut cream

4 – 6 leaves basil,
chopped

simmer the soup for 15 M or until the celery is soft.

Mix in the coconut cream and puree the ingredients using an immersion blender. Simmer for 2 M. Spoon the soup into serving bowls, garnish with the reserved mushrooms, and basil.

Serve warm with low carb vegan crackers.

SQUASH SALAD

Preparation Time: 10 M

Cooking Time: 7 M

Nutrition Facts Per Serving

Calories: 317 Total Fat: 31g Total Carbs: 6g

Fiber: 3g Net Carbs: 3g Protein: 4g

Makes 4 servings

Ingredients

2 lb. green squash

2 tbsp. vegan butter

Salt and freshly
ground black pepper

3 oz. fennel, green
side sliced finely

2 oz. chopped green
onions

Directions:

With a knife, peel and cut the squash in half and scoop out the seeds. Chop the squash into 1/2-inch cubes and place in a colander. Sprinkle with salt and allow sitting for 10 M. After, pat the cubes dry with a paper towel.

Put a frying pan over medium heat, add, and melt the vegan butter until no longer foaming. Fry the squash cubes in the butter until slightly softened but not browned, about 7 M. Turn

KETOGENIC VEGETARIAN RECIPES

1 cup vegan
mayonnaise

2 tbsp. fresh chives,
finely chopped

A pinch of mustard
powder

Chopped dill to half

balsamic vinegar

olive oil

salt

the heat off and allow the squash to cool.

In a salad bowl, mix the cooled squash, fennel slices, green onions, vegan mayonnaise, chives, and mustard powder. Garnish with chopped dill and serve.

.

BEET TOFU SALAD

Preparation Time: 8 M

Cooking Time: 40 M

Nutrition Facts Per Serving

Calories: 415 Total Fat: 40g Total Carbs: 6g

Fiber: 4g Net Carbs: 2g Protein: 7g

Makes 4 servings

Ingredients

1 lime

8 oz. red beets

2 oz. tofu, chopped
into little bits

2 tbsp. vegan butter
½ red onion

1 cup vegan
mayonnaise

Directions

Wash the beets under running water until all the sand is off. Put the beets in a pot, add the water and bring to a boil over high heat for 40 M or until the beets are soft.

Meanwhile, melt the vegan butter in a non-stick frying pan over medium heat, and fry the tofu in the butter until browned. Remove the tofu into a plate and set aside to cool.

When the bits are ready, drain through a colander and allow

1 small romaine
lettuce, torn into
small pieces

Freshly chopped
chives ½ teaspoon
black pepper

2 tablespoon yellow
curry powder

2 teaspoon lime zest

Topping Ingredients:

1 clove garlic

1 t cilantro

1/2 cup pine nuts

1/4 cup olive oil

1/4 cup sun-dried
tomatoes

2 tablespoon feta
cheese

cooling. Slip the skin off after
and slice the beets.

In a salad bowl, combine the
beets, tofu, red onions, lettuce,
and vegan mayonnaise, and mix
until the vegetables are
adequately coated with the
mayonnaise.

Garnish the salad with chives
and serve immediately

ROASTED MUSHROOMS AND GREEN BEANS SALAD

Preparation Time: 5 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 179 Total Fat: 11g Total Carbs: 14g

Fiber: 7g Net Carbs: 7g Protein: 5g

Makes 4 servings

Ingredients

1 lb. criminal
mushrooms, sliced

½ cup green beans

3 tbsp. melted vegan
butter S

salt and freshly
ground black pepper

Directions:

Preheat the oven to 450 F.

Arrange the mushrooms and green beans in a baking dish, drizzle the vegan butter over, and sprinkle with salt and black pepper. Use your hands to rub the vegetables with the seasoning and roast in the oven for 20 M or until the vegetables are soft.

Transfer the vegetables into a salad bowl, drizzle with the

KETOGENIC VEGETARIAN RECIPES

Juice of 1 lemon

4 tbsp. toasted
hazelnuts, skins
removed

1 green onion
chopped

1 avocado

1 lemon

2 cups cauliflower
rice

lemon juice, and toss the salad with the hazelnuts.

Serve the salad immediately with grilled yellow squash.

golden brown. Transfer to a bowl.

In same pan, increase fire to medium high and add another drizzle of oil. Add cauliflower in pan and continue cooking until cauliflower is golden brown, around 5 M. Season with pepper, salt, and garlic powder. Mix well and transfer to a bowl.

In same pan, lower fire to medium and return mushrooms. Add baby spinach and green onions and sauté for a minute.

Pour in eggs and scramble. Once cooked to desired doneness, place on top of cauliflower. Top with avocado salsa and enjoy.

WARM COLLARD SALAD

Preparation Time: 5 M

Cooking Time: 5 M

Nutrition Facts Per Serving

Calories: 495 Total Fat: 46g Total Carbs: 8g

Fiber: 3g Net Carbs: 5g Protein: 11g

Makes 2 servings

Ingredients

$\frac{3}{4}$ cup coconut
whipping cream

2 tbsp. vegan
mayonnaise

A pinch of mustard
powder

2 tbsp. coconut oil

1 garlic clove, minced

Directions:

In a small bowl, whisk the coconut whipping cream, vegan mayonnaise, mustard powder, coconut oil, garlic, salt, and black pepper until well mixed; set aside.

Melt the vegan butter in a large skillet over medium heat and sauté the collards until wilted and brownish. Season with salt and black pepper to taste.

Transfer the collards to a salad bowl and pour the creamy dressing over. Mix the salad

KETOGENIC VEGETARIAN RECIPES

Salt and freshly
ground black pepper

2 oz. vegan butter

1 cup collards, rinsed

4 oz. tofu cheese

Salt and Pepper to
taste

well and crumble the tofu
cheese over.

Serve the salad immediately
with caulis couscous.

FRIED BROCCOLI SALAD WITH TEMPEH AND CRANBERRIES

Preparation Time: 5 M

Cooking Time: 6 M

Nutrition Facts Per Serving

Calories: 740 Total Fat: 72g Total Carbs: 12

Fiber: 5g Net Carbs: 7g Protein: 12g

Makes 4 servings

Ingredients

3 oz. vegan butter

$\frac{3}{4}$ lb. tempeh slices,
cut into

1-inch cubes

1 lb. broccoli florets

In a deep skillet, melt the vegan butter over medium heat until no longer foaming, and fry the tempeh cubes until brown on all sides.

Add the broccoli and stir-fry for 6 M. Season with salt and pepper. Turn the heat off. Stir in the almonds and cranberries to warm through. Share the salad into four bowls and serve.

Salt and ground black
pepper to taste

2 oz. almonds

$\frac{1}{2}$ cup frozen
cranberries

1 medium cucumber,
julienned

4 large cherry
tomatoes, halved

4 large collard green
leaves, washed

8 whole kalamata
olives, halved

Tzatziki Sauce Ingredients;

1 cup full-fat plain
Greek yogurt

1 tablespoon white
vinegar

1 teaspoon garlic
powder

2 tablespoons minced
fresh dill

2 tablespoons olive
oil

2.5-ounces cucumber,
seeded and grated (1/4-
whole)

Salt and pepper to
taste

TANGY NUTTY BRUSSELS SPROUT SALAD

Preparation Time: 13 M

Cooking Time: 4 M

Nutrition Facts Per Serving

Calories: 420 Total Fat: 35g Total Carbs: 15g

Fiber: 7g Net Carbs: 8g Protein: 12g

Makes 4 servings

Ingredients

1 lb. Brussels sprouts,
trimmed

1 lemon, juice and
zest

½ cup olive oil

Salt and pepper to
taste

Directions:

Place the Brussels sprouts in a food processor and shred coarsely. Transfer to a salad bowl.

In a small bowl, mix the lemon juice, zest, olive oil, salt, and pepper, and drizzle the dressing over the Brussels sprouts. Toss and allow the vegetable to marinate for 10 M.

Meanwhile, melt the vegan butter in a frying pan. Stir in the chili and then, toss the pecans,

KETOGENIC VEGETARIAN RECIPES

Spicy pecans and seed mix

1 tbsp. vegan butter

1 tsp. chili paste

2 oz. pecans

1 oz. pumpkin seeds

1 oz. sunflower seeds

½ tsp. cumin powder

1 pinch salt

Salt and pepper to taste

pumpkin seeds, sunflower seeds, cumin powder, and salt in the chili butter.

Sauté on low heat for 3 to 4 M just to heat the nuts but not exude the flavor. Turn the heat off and allow cooling. Pour the nuts and seeds mix in the salad bowl, toss, and enjoy the salad

MASHED BROCCOLI WITH ROASTED GARLIC

Preparation Time: 5 M

Cooking Time: 37 M

Nutrition Facts Per Serving

Calories: 212 Protein: 7.0g Carbs: 12.0g

Sugar: 3.0g Fat: 16.0g

Makes 4 servings

Ingredients

½ head garlic

1 to 2 tbsp. of olive
oil

1 large head broccoli,
cut into florets

Water for boiling,
about 3 cups

Directions:

Preheat oven to 400 F.

Use a knife to cut a ¼ inch off the top of the garlic cloves, drizzle with the olive oil, and wrap in aluminum foil.

Place the wrapped garlic on a baking sheet and roast in the oven for 30 M or until the cloves are lightly browned and feel soft when pressed.

KETOGENIC VEGETARIAN RECIPES

1 tsp. salt

4 oz. vegan butter

¼ tsp. dried thyme

Juice and zest of half
a lemon

4 tbsp. coconut cream

4 tbsp. olive oil +
extra for topping

Remove and set aside when ready.

Pour the broccoli into a pot, add the water, and 1 teaspoon of salt. Bring the broccoli to boil over medium heat until tender, about 7 M. Then, drain the water and transfer the broccoli to a large bowl.

Add the vegan butter, thyme, lemon juice and zest, coconut cream, and olive oil. Use an immersion blender to puree the ingredients until smooth and nice.

Spoon the mash into serving bowls and garnish with some olive oil.

Serve with grilled eggplants.

ZOODLES WITH FOUR CHEESE PESTO SAUCE

Cooking Time: 15 M

Nutrition Facts Per Serving

Calories: 475 Protein: 13.0g Carbs: 12.0g

Sugar: 4.0g Fat: 43.0g

Makes 4 servings

Ingredients

8 ounces Mascarpone
cheese

8 cups raw zucchini
noodles

1 cup grated
mozzarella cheese

1/2 teaspoon kosher
salt

1/4 cup grated
parmesan cheese

Directions:

Preheat oven to 400 F.

Use a knife to cut a 1/4 inch off the top of the garlic cloves, drizzle with the olive oil, and wrap in aluminum foil.

Place the wrapped garlic on a baking sheet and roast in the oven for 30 M or until the cloves are lightly browned and feel soft when pressed.

Remove and set aside when ready.

Pour the broccoli into a pot, add the water, and 1 teaspoon

KETOGENIC VEGETARIAN RECIPES

1/4 cup grated
Romano cheese

1/4 teaspoon ground
black pepper

1/4 cup basil pesto

1/8 teaspoon ground
nutmeg

of salt. Bring the broccoli to boil over medium heat until tender, about 7 M. Then, drain the water and transfer the broccoli to a large bowl.

Add the vegan butter, thyme, lemon juice and zest, coconut cream, and olive oil. Use an immersion blender to puree the ingredients until smooth and nice.

Spoon the mash into serving bowls and garnish with some olive oil.

Serve with grilled eggplants.

BAKED SPICY EGGPLANT

Preparation Time: 5 M

Cooking Time: 25 M

Nutrition Facts Per Serving

Calories: 230 Total Fat: 16g Total Carbs: 8g

Fiber: 4g Net Carbs: 4g Protein: 14g

Makes 4 servings

Ingredients

2 large eggplants

Salt and freshly
ground black pepper

2 tbsp. vegan butter

1 tsp. red chili flakes

4 oz. raw ground
almonds

Directions:

Preheat the oven to 400 F.

Cut off the head of the eggplants and slice the body into 2-inch rounds. Season with salt and black pepper and arrange on a parchment paper-lined baking sheet.

Drop thin slices of the vegan butter on each eggplant slice, sprinkle with red chili flakes, and bake in the oven for 20 M.

Slide the baking sheet out and sprinkle with the almonds.

KETOGENIC VEGETARIAN RECIPES



Roast further for 5 M or until golden brown. Dish the eggplants and serve with arugula salad.

SPICY PISTACHIO DIP

Preparation Time: 5 M

Nutrition Facts Per Serving

Calories: 220 Total Fat: 19g Total Carbs: 7g

Fiber: 2g Net Carbs: 5g Protein: 6g

Makes 4 servings

Ingredients

3 oz. toasted
pistachios + a little
for garnishing

3 tbsp. coconut cream
¼ cup water

Juice of half a lemon

½ tsp. smoked
paprika Cayenne
pepper to taste

½ tsp. salt

Directions:

Pour the pistachios, coconut cream, water, lemon juice, paprika, cayenne pepper, and salt. Puree the ingredients on high speed until smooth.

Add the olive oil and puree a little further. Manage the consistency of the dip by adding more oil or water.

Spoon the dip into little bowls, garnish with some pistachios, and serve with julienned celery and carrots.

KETOGENIC VEGETARIAN RECIPES

½ cup olive oil

PARMESAN CROUTONS WITH ROSEMARY TOMATO SOUP

Preparation Time: 10 M

Cooking Time: 1 hour 15 M

Nutrition Facts Per Serving

Calories: 434 Total Fat: 38g Total Carbs: 12g

Fiber: 6g Net Carbs: 6g Protein: 11g

3 tbsp. flax seed
powder + 9 tbsp.
water

1¼ cups almond
flour

2 tsp. baking powder

5 tbsp. phylum husk
powder

1 tsp. salt

1¼ cups boiling water

Directions:

For the parmesan croutons:

In a medium bowl, mix the flax seed powder with 2/3 cup of water and set aside to soak for 5 M. Preheat the oven to 350 F and line a baking sheet with parchment paper.

In another bowl, combine the almond flour, baking powder, phylum husk powder, and salt.

When the flax egg is ready, mix in the boiling water and plain

KETOGENIC VEGETARIAN RECIPES

2 tsp. plain vinegar

Olive oil for greasing

Parmesan topping

3 oz. vegan butter

2 oz. grated vegan
parmesan cheese

Rosemary Tomato
Soup

2 lb. fresh ripe
tomatoes

4 cloves garlic, peeled
only

1 small white onion,
diced

1 small red bell
pepper, seeded and
diced

3 tbsp. olive oil

1 cup coconut cream

½ tsp. dried rosemary

½ tsp. dried oregano

vinegar. Then, add the flour mixture and whisk for 30 seconds just to be well combined but not overly mixed.

Grease your hands with some olive oil and form 8 flat pieces out of the dough. Place the flattened dough on the baking sheet while leaving enough room between each to allow rising. Bake the dough for 40 M or until crispy.

Remove the croutons to cool and break them into halves.

Mix the vegan butter with vegan parmesan cheese and spread the mixture in the inner parts of the croutons.

Increase the oven's temperature to 450 F and bake the croutons further for 5 M or until golden brown and crispier.

For the tomato soup:

In a baking pan, add the tomatoes, garlic, onion, red bell pepper, and drizzle with the olive oil.

Roast the vegetables in the oven for 25 M and after broil for 3 to

KETOGENIC VEGETARIAN RECIPES

2 tbsp. chopped fresh
basil

Salt and freshly
ground black pepper
to taste

Basil leaves to garnish

4 M until some of the tomatoes are slightly charred.

Transfer the vegetables to a blender and add the coconut cream, rosemary, oregano, basil, salt, and black pepper. Puree the ingredients on high speed until smooth and creamy. If the soup is too thick, add a little water to lighten the texture.

1 Pour the soup into serving bowls, drop some croutons on top, garnish with some basil leaves, and serve

TOFU CABBAGE STIR-FRY

Preparation Time: 30 M

Cooking Time: 15 M

Nutrition Facts Per Serving

Calories: 686 Total Fat: 64g Total Carbs: 15g

Fiber: 7g Net Carbs: 8g Protein: 35g

Makes 4 servings

Ingredients

5 oz. vegan butter

2 ½ cups baby bok
Choy, quartered
lengthwise

2 cups water packed
extra firm tofu

1 tsp. salt

¼ tsp. freshly ground
black pepper

1 tsp. garlic powder

Directions:

Place the tofu in between two paper towels and allow to drain liquid for 30 M. After, cut into 1-inch cubes and set aside.

Melt half of the butter in a wok over medium heat, add the bok Choy, and stir-fry until softened.

Season with the salt, black pepper, garlic powder, onion powder, and plain vinegar. Sauté for 2 M to combine the flavors and then, spoon the bok Choy into a bowl; set aside.

KETOGENIC VEGETARIAN RECIPES

1 tsp. onion powder

1 tbsp. plain vinegar

2 garlic cloves,
minced

1 tsp. chili flakes

1 tbsp. fresh ginger,
grated

3 green onions, sliced

1 tbsp. sesame oil

Wasabi mayonnaise

1 cup vegan
mayonnaise

$\frac{1}{2}$ - 1 tbsp. wasabi
paste

Melt the remaining butter in the wok, add and sauté the garlic, chili flakes, and ginger until fragrant.

Put the tofu in the wok and cook until browned on all sides. Add the green onions and book Choy, heat for 2 M and add the sesame oil.

Combine the vegan mayonnaise and wasabi in a small bowl and stir the mixture in small portions into the wok until tasty as desired. Cook for 1 minute and dish the stir-fry. Serve with steamed caulis rice

SMOKED TEMPEH WITH BROCCOLI FRITTERS

Preparation Time: 15 M

Cooking Time: 25 M

Nutrition Facts Per Serving

Calories: 850 Total Fat: 71g Total Carbs: 18g

Fiber: 10g Net Carbs: 8g Protein: 35g

Makes 4 servings

Ingredients

Flax egg:

4 tbsp. flax seed
powder

12 tbsp. water Grilled
tempeh:

1 tbsp. soy sauce

3 tbsp. olive oil

Directions:

In a bowl, mix the flax seed powder with water and set aside to soak for 5 minutes.

Then, in a bowl, combine the soy sauce, olive oil, grated ginger, lime juice, salt, and cayenne pepper. Brush the tempeh slices with the mixture.

Heat a grill pan over medium and grill the tempeh on both sides until golden brown and nicely smoked. Remove the

KETOGENIC VEGETARIAN RECIPES

1 tbsp. grated ginger

3 tbsp. fresh lime
juice

Salt and cayenne
pepper to taste

10 oz. tempeh slices
Broccoli fritters:

1 medium head
Broccoli

8 oz. tofu helium
cheese

3 tbsp. almond flour

$\frac{1}{2}$ tsp. onion powder

1 tsp. salt

$\frac{1}{4}$ tsp. freshly ground
black pepper

4 $\frac{1}{4}$ oz. vegan butter

For serving:

$\frac{1}{2}$ cup mixed salad
greens

1 cup vegan
mayonnaise

slices into a plate and set aside
in a warm oven.

Grate the broccoli coarsely into
a bowl and grate the tofu
helium cheese on top.

Add the flax egg, almond flour,
onion powder, salt, and black
pepper. Mix the ingredients
with your hands and form 12
patties out of the mixture.

Then, melt the vegan butter in a
skillet over medium heat and fry
the patties on both sides until
golden brown. Remove the
fritters onto a plate.

Plate the grilled tempeh with
the broccoli fritters, and salad
greens.

Then, mix the vegan
mayonnaise with the lemon
juice and serve as a dipping
sauce with the tempeh plate.

Juice of $\frac{1}{2}$ a lemon

SPICY VEGGIE STEAKS WITH GREEN SALAD

Preparation Time: 12 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 512g Total Fat: 3 Total Carbs: 16g

Fiber: 8g Net Carbs: 8g Protein: 22g

Makes 2 servings

Ingredients

1/3 eggplant

1/2 zucchini

1/4 cup coconut oil

Juice of 1/2 a lemon

5 oz. vegan cheddar
cheese, cut into small
cubes

Directions:

Rinse the eggplant and zucchini, and cut both vegetables into half-inch thick slices. Place the slices in a colander and sprinkle with salt. Allow sitting for 10 M to let out the liquid.

Set the oven to broil and line a baking sheet with parchment paper.

After 10 M, pat the vegetable slices dry with a paper towel and arrange on the baking

KETOGENIC VEGETARIAN RECIPES

10 Klamath olives

2 tbsp. pecans

1 oz. mixed salad
greens

$\frac{1}{2}$ cup vegan
mayonnaise Salt

$\frac{1}{2}$ tsp. Cayenne
pepper to taste

sheet. Brush with coconut oil and sprinkle with cayenne pepper. Broil until golden brown on both sides, about 15 to 20 M.

Remove the grilled veggies into a serving platter and drizzle with the lemon juice.

Arrange the vegan cheddar cheese, Klamath olives, pecans, and mixed greens by the grilled veggies. Top with vegan mayonnaise and serve.

MUSHROOM CURRY PIE

Preparation Time: 15 M

Cooking Time: 55 M

Nutrition Facts Per Serving

Calories: 835 Total Fat: 75g Total Carbs: 15g

Fiber: 7g Net Carbs: 8g Protein: 25g

Serving size:

ingredients

Ingredients

1 tbsp. flax seed powder

3 tbsp. water

$\frac{3}{4}$ cup coconut flour

4 tbsp. chia seeds

4 tbsp. almond flour

Directions:

In two separate bowls, mix the different portions of flax seed powder with the respective quantity of water and set aside to absorb for 5 M.

Preheat the oven to 350 F.

Make the crust: When the flax egg is ready, pour the smaller quantity into a food processor, and add the coconut flour, chia seeds, almond flour, phylum husk powder, baking powder, salt, olive oil, and water.

KETOGENIC VEGETARIAN RECIPES

1 tbsp. phylum husk powder

1 tsp. baking powder

1 pinch salt

3 tbsp. olive oil

4 tbsp. water

Filling

1 cup chopped shiitake mushrooms

1 cup vegan mayonnaise

3 tbsp. + 9 tbsp. water

½ red bell pepper, finely chopped

1 tsp. turmeric powder

½ tsp. paprika powder

½ tsp. garlic powder

¼ tsp. freshly ground black pepper

½ cup cream cheese

1¼ cups shredded vegan parmesan cheese

Blend the ingredients until a ball forms out of the dough.

Line a spring form pan with an 8-inch diameter parchment paper and grease the pan with cooking spray.

Spread the dough in the bottom of the pan and bake in the oven for 15 M.

Make the filling: In a bowl, add the remaining flax egg, mushrooms, vegan mayonnaise, water, bell pepper, turmeric, paprika, garlic powder, black pepper, cream cheese, and vegan parmesan cheese.

Combine the mixture evenly and fill the piecrust. Bake further for 40 M or until the pie is golden brown.

Remove, slice, and serve the pie with a chilled strawberry drink

CURRIED TOFU WITH BUTTERY CABBAGE

Preparation Time: 35 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 733 Total Fat: 61g Total Carbs: 8g

Fiber: 4g Net Carbs: 4g Protein: 36g

Makes 4 servings

Ingredients

2 cups water packed
extra firm tofu

1 tbsp. + 3 ½ tbsp.
coconut oil

½ cup unsweetened
shredded coconut

1 tsp. yellow curry
powder

Directions:

Place the tofu in between two paper towels to drain liquid for 30 M. After, cut into bite-size cubes and drizzle 1 tablespoon of coconut oil on the tofu.

In a bowl, mix the shredded coconut, yellow curry powder, salt, and onion powder. Then, toss the tofu cubes in the spice mixture.

Heat the remaining coconut oil in a non-stick skillet and fry the coated tofu until golden brown

KETOGENIC VEGETARIAN RECIPES

1 tsp. salt

½ tsp. onion powder

2 cups Napa cabbage

4 oz. vegan butter

Salt and freshly
ground black pepper
Lemon wedges for
serving

on all sides. Transfer to a plate to keep warm.

In another skillet, melt half of the vegan butter, add, and sauté the cabbage until slightly caramelized. Then, season with salt and black pepper.

Dish the cabbage into serving plates with the tofu and lemon wedges.

Melt the remaining vegan butter in the skillet and drizzle over the cabbage and tofu.

Serve immediately.

AVOCADO COCONUT PIE

Preparation Time: 30 M

Cooking Time: 50 M

Nutrition Facts Per Serving

Calories: 876 Total Fat: 67g Total Carbs: 21g

Fiber: 11g Net Carbs: 10g Protein: 24g

Makes 4 servings

Ingredients

Piecrust 1 tbsp flax
seed powder

3 tbsp water 4 tbsp
coconut flour

4 tbsp. chia seeds

$\frac{3}{4}$ cup almond flour

1 tbsp psyllium husk
powder

Directions:

In 2 separate bowls, mix the different portions of flax seed powder with the respective quantity of water. Allow absorbing for 5 M.

Preheat the oven to 350 F. In a food processor, add the coconut flour, chia seeds, almond flour, phylum husk powder, baking powder, salt, coconut oil, water, and the smaller portion of the flax egg. Blend the ingredients until the resulting dough forms into a ball.

KETOGENIC VEGETARIAN RECIPES

1 tsp. baking powder
1 pinch salt

3 tbsp. coconut oil

4 tbsp. water

Filling

2 ripe avocados

1 cup vegan
mayonnaise

3 tbsp. flax seed
powder

9 tbsp. water

2 tbsp. fresh parsley,
finely chopped

1 jalapeno, finely
chopped

½ tsp. onion powder

¼ tsp. salt

½ cup cream cheese

1¼ cups shredded
vegan parmesan
cheese

Line a spring form pan with about 12-inch diameter of parchment paper and spread the dough in the pan. Bake for 10 to 15 M or until a light golden brown color is achieved.

Meanwhile, cut the avocado into halves lengthwise, remove the pit, and chop the pulp. Put in a bowl and add the vegan mayonnaise, remaining flax egg, parsley, jalapeno, onion powder, salt, cream cheese, and vegan parmesan cheese. Combine well.

Remove the piecrust when ready and fill with the creamy mixture. Level the filling with a spatula and continue baking for 35 M or until lightly golden brown. When ready, take out. Cool before slicing and serving with a baby spinach salad.

GREEN AVOCADO CARBORA

Preparation Time: 15 M

Cooking Time: 15 M

Nutrition Facts Per Serving

Calories: 870 Total Fat: 69g Total Carbs: 18g

Fiber: 10g Net Carbs: 8g Protein: 35g

Makes 4 servings

Ingredients

8 tbsp. flax seed
powder

1 ½ cups water

1 ½ cups dairy-free
cream cheese

1 tsp. salt

5 ½ tbsp. phylum
husk powder
Avocado sauce

Directions:

Preheat the oven to 300 F.

In a medium bowl, mix the flax seed powder with water and allow sitting to thicken for 5 M. Add the cream cheese, salt, and phylum husk powder. Whisk until smooth batter forms. Line a baking sheet with parchment paper, pour in the batter and cover with another parchment paper. Use a rolling pin to flatten the dough into the sheet.

Place in the oven and bake for 10 to 12 M. Remove the pasta after, take off the parchment papers and use a sharp knife to

KETOGENIC VEGETARIAN RECIPES

1 avocado, peeled and pitted

1 $\frac{3}{4}$ cups coconut cream

Juice of $\frac{1}{2}$ lemon

1 teaspoon onion powder

$\frac{1}{2}$ teaspoon garlic powder

$\frac{1}{4}$ cup olive oil

$\frac{3}{4}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon black pepper

Walnut Parmesan or store-bought vegan Parmesan For serving

4 tbsp. toasted pecans

$\frac{1}{2}$ cup freshly grated vegan parmesan cheese

slice the pasta into thin strips lengthwise. Cut each piece into halves, pour into a bowl, and set aside.

For the avocado sauce, in a blender, combine the avocado, coconut cream, lemon juice, onion powder, and garlic powder. Puree the ingredients until smooth.

Pour the olive oil over the pasta and stir to coat properly. Pour the avocado sauce on top and mix. Then, season with salt, black pepper, and the parmesan cheese. Combine again.

Divide the pasta into serving plates, garnish with extra parmesan cheese and pecans, and serve immediately.

KALE AND MUSHROOM PEERAGES

Preparation Time: 15 M

Cooking Time: 30 M

Nutrition Facts Per Serving

Calories: 540 Total Fat: 47g Total Carbs: 12g

Fiber: 6g Net Carbs: 6g Protein: 18g

Makes 4 servings

Ingredients

2 tbsp. vegan butter

2 garlic cloves, finely
chopped

1 small red onion,
finely chopped

3 oz. baby belle
mushrooms, sliced

Directions:

Put the vegan butter in a skillet and melt over medium heat, then add and sauté the garlic, red onion, mushrooms, and kale until the mushrooms brown.

Season the mixture with salt and black pepper and reduce the heat to low. Stir in the cream cheese and vegan parmesan cheese and simmer for 1 minute. Turn the heat off and set the filling aside to cool.

KETOGENIC VEGETARIAN RECIPES

2 oz. fresh kale

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. freshly ground
black pepper

$\frac{1}{2}$ cup dairy free
cream cheese

2 oz. vegan parmesan
cheese, grated Pieria

1 tbsp. flax seed
powder

3 tbsp. water $\frac{1}{2}$ cup
almond flour

4 tbsp. coconut flour

$\frac{1}{2}$ tsp. salt

1 tsp. baking powder

$1\frac{1}{2}$ cups shredded
vegan parmesan
cheese

5 tbsp. vegan butter

Olive oil for brushing

Make the peerages: In a small bowl, mix the flax seed powder with water and allow sitting for 5 M.

In a bowl, combine the almond flour, coconut flour, salt, and baking powder.

Put a small pan over low heat, add, and melt the vegan parmesan cheese and vegan butter while stirring continuously until smooth batter forms. Turn the heat off.

Pour the flax egg into the cream mixture, continue stirring, while adding the flour mixture until a firm dough forms.

Mold the dough into four balls, place on a chopping board, and use a rolling pin to flatten each into $\frac{1}{2}$ inch thin round pieces.

Spread a generous amount of stuffing on one-half of each dough, then fold over the filling, and seal the dough with your fingers.

Brush with olive oil, place on a baking sheet, and bake for 20 M or until the peerages turn a golden brown color.

KETOGENIC VEGETARIAN RECIPES



Serve the peerages with a lettuce tomato salad.

CHEESY CAULIFLOWER CASSEROLE

Preparation Time: 14 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 950 Total Fat: 84g Total Carbs: 9g

Fiber: 5g Net Carbs: 4g Protein: 40g

Makes 4 servings

Ingredients

2 oz. vegan butter

1 white onion, finely
chopped

½ cup celery stalks,
finely chopped

1 green bell pepper,
seeded and finely
chopped

Directions:

Preheat the oven to 400 F, and grease a baking dish with cooking spray.

Season the onion, celery, and bell pepper with salt and black pepper.

In a bowl, mix the cauliflower, vegan mayonnaise, parmesan cheese, and red chili flakes.

Pour the mixture into the baking dish, add the season

KETOGENIC VEGETARIAN RECIPES

Salt and freshly
ground black pepper

1 small head
cauliflower, chopped

1 cup vegan
mayonnaise

4 oz. freshly shredded
vegan parmesan
cheese

1 tsp. red chili flakes

vegetables, and mix to be evenly
distributed.

Bake in the oven until golden
brown, about 20 M.

Remove the caulis bake and
serve warm with baby spinach

TOFU AND SPINACH LASAGNA WITH RED SAUCE

Preparation Time: 20 M

Cooking Time: 45 M

Nutrition Facts Per Serving

Calories: 775 Total Fat: 64g Total Carbs: 17g

Fiber: 9g Net Carbs: 8g Protein: 40g

Makes 4 servings

Ingredients

2 tbsp. vegan butter

1 white onion,
chopped

1 garlic clove, minced

2 ½ cups crumbled
tofu

3 tbsp. tomato paste

Directions:

Melt the vegan butter in a medium pot over medium heat. Then, add the white onion and garlic, and sauté until fragrant and soft, about 3 M.

Stir in the tofu and cook until brown. Mix in the tomato paste, oregano, salt, and black pepper.

Pour the water into the pot, stir, and simmer the ingredients until most of the liquid has evaporated.

KETOGENIC VEGETARIAN RECIPES

½ tbsp. dried oregano

1 tsp. salt

¼ tsp. ground black pepper

½ cup water

1 cup baby spinach

Keto pasta

Flax egg: 8 tbsp. flax seed powder

1 ½ cups water

1 ½ cup dairy-free cream cheese

1 tsp. salt

5 tbsp. psyllium husk powder
Cheese topping

2 cups coconut cream

5 oz. shredded vegan mozzarella cheese

2 oz. grated vegan parmesan cheese

½ tsp. salt

While cooking the sauce, make the lasagna sheets. Preheat the oven to 300 F and mix the flax seed powder with the water in a medium bowl to make flax egg. Allow sitting to thicken for 5 M.

Combine the flax egg with the cream cheese and salt. Add the phylum husk powder a bit at a time while whisking and allow the mixture to sit for a few more M.

Line a baking sheet with parchment paper and spread the mixture in. Cover with another parchment paper and use a rolling pin to flatten the dough into the sheet.

Bake the batter in the oven for 10 to 12 M, remove after, take off the parchment papers, and slice the pasta into sheets that fit your baking dish.

In a bowl, combine the coconut cream and two-thirds of the vegan mozzarella cheese. Fetch out 2 tablespoons of the mixture and reserve.

Mix in the vegan parmesan cheese, salt, black pepper, and parsley. Set aside.

$\frac{1}{4}$ tsp. ground black pepper

$\frac{1}{2}$ cup fresh parsley, finely chopped

Grease your baking dish with cooking spray and lay in one-third of the pasta sheet; spread half of the tomato paste on top, add another one-third set of the pasta sheets, the remaining tomato paste and the rest of the pasta sheets.

Grease a baking dish with cooking spray, layer a single line of pasta, spread with some tomato sauce, $\frac{1}{3}$ of the spinach, and $\frac{1}{4}$ of the coconut cream mixture. Season with salt and pepper.

Repeat layering the ingredients twice in the same manner making sure to top the final layer with the coconut cream mixture and the reserved cream cheese.

Bake in the oven for 30 M at 400 F or until the lasagna has a beautiful brown surface. Remove the dish; allow cooling for a few M, and slice. Serve the lasagna with a green salad.

MUSHROOM LETTUCE WRAPS

Preparation Time: 5 M

Cooking Time: 16 M

Nutrition Facts Per Serving

Calories: 620 Total Fat: 52g Total Carbs: 6g

Fiber: 3g Net Carbs: 3g Protein: 32g

Makes 4 servings

Ingredients

2 tbsp. vegan butter

4 oz. baby bella mushrooms, sliced

1½ lbs. tofu, crumbled

½ tsp. salt

Directions:

Put the vegan butter in a skillet and melt over medium heat. Add the mushrooms and sauté until browned and tender, about 6 M. Transfer the mushrooms to a plate and set aside.

Add the tofu to the skillet, season with salt and black pepper, and cook until brown, about 10 M. Turn the heat off.

Spoon the tofu and mushrooms into the lettuce leaves, sprinkle

KETOGENIC VEGETARIAN RECIPES

¼ tsp. freshly ground
black pepper

1 iceberg lettuce,
leaves extracted

1 cup shredded vegan
cheddar cheese

1 large tomato, sliced

with the vegan cheddar cheese,
and share the tomato slices on
top. Serve the burger
immediately.

CASHEW BUTTERED QUESADILLAS WITH LEAFY GREENS

Preparation Time: 10 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 470 Total Fat: 40g Total Carbs: 8g

Fiber: 4g Net Carbs: 4g Protein: 19g

Makes 4 servings

Ingredients

Tortillas

3 tbsp. flax seed
powder

½ cup water

½ cup dairy-free
cream cheese

Directions:

Preheat the oven to 400 F.

In a bowl, mix the flax seed powder with water and allow sitting to thicken for 5 M.

After, whisk the cream cheese into the flax egg until the batter is smooth.

In another bowl, combine the psyllium husk powder, coconut flour, and salt. Add the flour

KETOGENIC VEGETARIAN RECIPES

1½ tsp. psyllium husk powder

1 tbsp. coconut flour

½ tsp. salt

Filling

1 tbsp. cashew butter, for frying

5 oz. grated vegan cheddar cheese

1 oz. leafy greens

mixture to the flax egg batter and fold in until fully incorporated. Allow sitting for a few M.

Then, line a baking sheet with parchment paper and pour in the mixture. Spread into the baking sheet using a spatula and bake in the upper rack of the oven for 5 to 7 M or until brown around the edges. Keep a watchful eye on the tortillas to prevent burning.

Remove when ready and slice into 8 pieces. Set aside.

For the filling, spoon a little cashew butter into a skillet and place a tortilla in the pan. Sprinkle with some vegan cheddar cheese, leafy greens, and cover with another tortilla.

Brown each side of the quesadilla for 1 minute or until the cheese melts. Transfer to a plate.

Repeat assembling the quesadillas using the remaining cashew butter.

Serve immediately with avocado salad

GRILLED ZUCCHINI WITH SPINACH AVOCADO PESTO

Preparation Time: 5 M

Cooking Time: 12 M

Nutrition Facts Per Serving

Calories: 550 Total Fat: 46g Total Carbs: 10g

Fiber: 4g Net Carbs: 6g Protein: 25g

*Makes 4
servings*

Ingredients

Spinach Pesto

3 oz. spinach

1 ripe avocado,
halved and pitted

Juice of 1 lemon

1 garlic clove,
minced

Directions:

Chop the spinach with a knife and place in a food processor along with the avocado pulp, lemon juice, garlic, and pecans. Blend the ingredients until smooth and then, season with salt and black pepper. Add the olive oil and process a little more. After, pour the pesto into a bowl and set aside.

With a mandolin slicer, cut the zucchini into slices and place in a bowl. Season with the

KETOGENIC VEGETARIAN RECIPES

2 oz. pecans

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. freshly
ground black
pepper

$\frac{3}{4}$ cup olive oil

Zucchini

2 zucchini

1 tbsp. fresh lemon
juice

$\frac{1}{2}$ tsp. salt

2 tbsp. melted
vegan butter

1 $\frac{1}{2}$ lb. tempeh
slices Olive oil for
brushing

$\frac{1}{4}$ tsp. ground black
pepper

remaining lemon juice, salt, black pepper, and the vegan butter.

Also, season the tempeh with salt and black pepper, and brush with olive oil.

Preheat a grill pan over medium heat and cook both the tempeh and zucchini slices until browned on both sides.

Plate the tempeh and zucchini, spoon some pesto to the side, and serve immediately.

BAKED CHEESY SPAGHETTI SQUASH

Preparation Time: 5 M

Cooking Time: 35 M

Nutrition Facts Per Serving

Calories: 515 Total Fat: 45g Total Carbs: 10g

Fiber: 3g Net Carbs: 7g Protein: 18g

Makes 4 servings

Ingredients

2 lbs. spaghetti
squash

1 tbsp. coconut oil

1 tsp. salt

$\frac{1}{4}$ tsp. freshly ground
black pepper

Directions:

Preheat the oven to 350 F.

Use a knife to cut the squash in halves lengthwise and spoon out the seeds and Fiber.

Place the halves on a baking dish, brush each with coconut oil, and season with salt and black pepper.

Bake in the oven for 30 M or until the pulp has softened. Remove the squash and use two

KETOGENIC VEGETARIAN RECIPES

2 tbsp. melted vegan
butter

½ tbsp. garlic powder

1/5 tsp. chili powder

1 cup coconut cream

2 oz. dairy-free cream
cheese

1 cup vegan
mozzarella cheese

2 oz. shredded vegan
parmesan cheese

2 tbsp. fresh cilantro,
chopped

Olive oil for drizzling

forks to shred the flesh into strands.

Empty the spaghetti strands into a bowl and mix with the vegan butter, garlic powder, chili powder, coconut cream, cream cheese, half of the vegan mozzarella cheese, and the vegan parmesan cheese.

Spoon the mixture into the squash cups and sprinkle with the remaining mozzarella cheese.

Bake further for 5 M or until the cheese is golden brown.

Season with black pepper, cilantro, and drizzle with some olive oil. Serve warm.

BAKED TOFU WITH ROASTED PEPPER

Preparation Time: 5 M

Cooking Time: 15 M

Nutrition Facts Per Serving

Calories: 840 Total Fat: 76g Total Carbs: 10g

Fiber: 2g Net Carbs: 8g Protein: 28g

Makes 4 servings

Ingredients

Cucumber Tomato
Salad

3 oz. dairy-free cream
cheese

$\frac{3}{4}$ cup vegan
mayonnaise

2 oz. cucumber, diced

Directions:

Preheat the oven's broiler to 450 F and line a baking sheet with parchment paper. Set aside.

In a salad bowl, combine the cream cheese, vegan mayonnaise, cucumber, tomato, salt, black pepper, and parsley. Refrigerate while you cook the peppers and tofu.

Arrange the bell peppers and tofu on the paper-lined baking sheet, drizzle with the melted

KETOGENIC VEGETARIAN RECIPES

1 large tomato,
chopped

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. freshly ground
black pepper

2 tsp. dried parsley

Peppers and Tofu

4 medium orange bell
peppers

2 $\frac{1}{2}$ cups chopped
tofu (1-inch cubes)

1 tbsp. melted vegan
butter

1 tsp. dried basil

Salt and black pepper
to season

vegan butter, and season with basil, salt, and black pepper. Use your hands to rub the ingredients to be evenly coated.

Bake the tofu and peppers in the oven for 10 to 15 M or until the peppers have charred lightly and the tofu browned.

Remove from the oven and serve with the salad.

ZUCCHINI BOATS WITH VEGAN CHEESE

Preparation Time: 3 M

Cooking Time: 35 M

Nutrition Facts Per Serving

Calories: 620 Total Fat: 57g Total Carbs: 6g

Fiber: 2g Net Carbs: 4g Protein: 20g

Makes 8 servings

Ingredients

1 medium-sized
zucchini

4 tbsp. vegan butter

2 garlic cloves,
minced

1½ oz. baby kale

Directions:

Preheat the oven to 375 F.

Use a knife to slice the zucchini in halves and scoop out the pulp with a spoon into a plate. Keep the flesh.

Grease a baking sheet with cooking spray and place the zucchini boats on top.

Put the vegan butter in a skillet and melt over medium heat. Add and sauté the garlic until

KETOGENIC VEGETARIAN RECIPES

Salt and freshly
ground black pepper
to taste

2 tbsp. unsweetened
tomato sauce

1 cup vegan cheese

Olive oil for drizzling

fragrant and slightly browned,
about 4 M.

Add the kale and the zucchini
pulp. Cook until the kale wilts;
season with salt and black
pepper.

Spoon the tomato sauce into
the boats and spread to coat the
bottom evenly. Then, spoon
the kale mixture into the
zuchinis and sprinkle with the
vegan cheese.

Bake in the oven for 20 to 25 M
or until the cheese has a
beautiful golden color.

Plate the zucchinis when ready,
drizzle with olive oil, and
season with salt and black
pepper.

Serve immediately.

ASPARAGUS WITH CREAMY PUREE

Preparation Time: 3 M

Cooking Time: 8 M

Nutrition Facts Per Serving

Calories: 520g Total Fat: 53g Total Carbs: 9g

Fiber: 3g Net Carbs: 6g Protein: 6.3g

Makes 4 servings

Ingredients

4 tbsp. flax seed
powder

½ cup water

2 oz. vegan butter,
melted

3 oz. grated cashew
cheese

½ cup coconut cream

Directions:

In a safe microwave bowl, mix the flax seed powder with water and set aside to thicken for 5 M.

Warm the flax egg in the microwave for 1 to 2 M, then, pour into a blender. Add the vegan butter, vegan parmesan cheese, coconut cream, salt, and chili pepper. Puree the ingredients until well combined and smooth.

Heat the olive oil in a saucepan and roast the asparagus until

KETOGENIC VEGETARIAN RECIPES

Salt and powdered
chili pepper to taste

Asparagus

1 tbsp. olive oil

½ lb. asparagus, hard
stalks removed

Salt and freshly
ground black pepper

3 oz. vegan butter

Juice of ½ a lemon

lightly charred. Season with salt and black pepper, turn the heat off and set aside.

Melt the vegan butter in a frying pan until nutty and golden brown. Stir in the lemon juice and pour the mixture into a sauce cup.

Spoon the creamy blend into the center of four serving plates and use the back of the spoon to spread out lightly.

Top with the asparagus and drizzle the lemon butter on top. Serve immediately.

ROASTED BUTTERNUT SQUASH WITH CHIMICHURRI

Preparation Time: 8 M

Cook Time: 4 M

Nutrition Facts Per Serving

Calories: 650 Total Fat: 44g Total Carbs: 9g

Fiber: 3g Net Carbs: 6g Protein: 55g

Makes 4 servings

Ingredients

Chimichurri

Zest and juice of 1
lemon

½ medium red bell
pepper, seeded and
finely chopped

1 jalapeno, chopped

Directions:

Make the chimichurri: in a bowl, add the lemon zest and juice, red bell pepper, jalapeno, olive oil, parsley, garlic, salt, and black pepper. Use an immersion blender to grind the ingredients until your desired consistency is achieved. Set aside to incorporate the flavors while you grill the tofu.

Slice the butternut squash into rounds and remove the seeds.

KETOGENIC VEGETARIAN RECIPES

1 cup olive oil

½ cup chopped fresh
parsley

2 garlic cloves,
minced

Salt and freshly
ground black pepper

Grilled Butternut
Squash

1 lb. butternut squash

1 tbsp. vegan butter,
melted

Salt and freshly
ground black pepper

3 tbsp. toasted pine
nuts

Drizzle with the vegan butter and season with salt and black pepper.

Preheat the grill pan over medium heat and cook the squash for 2 M on each side or until browned to your desire.

Remove the squash onto serving plates, scatter the pine nuts on top, and serve with the chimichurri and red cabbage salad.

TOFU EGGPLANT PIZZA

Preparation Time: 8 M

Cook Time: 36 M

Nutrition Facts Per Serving

Calories: 600 Total Fat: 46g Total Carbs: 20g

Fiber: 8g Net Carbs: 12g Protein: 26g

Makes 4 servings

Ingredients

2 eggplants

1/3 cup melted vegan
butter

2 garlic cloves,
minced

1 red onion

12 oz. crumbled tofu

7 oz. tomato sauce

Directions:

Preheat the oven to 400 F and line a baking sheet with parchment paper.

Use a sharp knife to slice the eggplant lengthwise of 1/2-inch thickness. Lay in a plate and brush with some vegan butter.

Transfer the eggplant slices to the baking sheet and bake in the oven until lightly browned, about 20 M.

Heat the remaining butter in a skillet and sauté the garlic and

KETOGENIC VEGETARIAN RECIPES

1 tsp. salt

½ tsp. freshly ground
black pepper

½ tsp. cinnamon
powder

1 cup shredded vegan
parmesan cheese

¼ cup chopped fresh
oregano

onion until fragrant and soft,
about 3 M.

Stir in the tofu and cook for 3
M. Add the tomato sauce and
season with salt and black
pepper. Simmer for 10 M.

Remove the eggplant from the
oven and spread the tofu sauce
on top. Sprinkle with the vegan
parmesan cheese and oregano.
Bake further for 10 M or until
the cheese has melted.

Serve the dish with collard
peppers salad.

SWEET AND SPICY BRUSSELS SPROUT STIR-FRY

Preparation Time: 3 M

Cooking Time: 10 M

Nutrition Facts Per Serving

Calories: 260 Total Fat: 23g Total Carbs: 11g

Fiber: 4g Net Carbs: 7g Protein: 3g

Makes 4 servings

Ingredients

4 oz. vegan butter

4 shallots, chopped

1 tbsp. apple cider
vinegar

Salt and freshly
ground black pepper

Directions:

Put the vegan butter in a saucepan and melt over medium heat. Pour in the shallots and sauté for 2 M, to caramelize and slightly soften.

Add the apple cider vinegar, salt, and black pepper. Stir and reduce the heat to cook the shallots further with continuous stirring, about 5 M. Transfer to a plate after.

KETOGENIC VEGETARIAN RECIPES

2 cups Brussels
sprouts

Hot chili sauce

Trim the Brussels sprouts and cut in halves. Leave the small ones as wholes.

Pour the Brussels sprouts into the saucepan and stir-fry with more vegan butter until softened but al dente. Season with salt and black pepper, stir in the onions, and heat for a few seconds.

Dish the stir-fry and serve immediately

CAPRESE CASSEROLE

Preparation Time: 5 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 450 Total Fat: 41g Total Carbs: 9g

Fiber: 4g Net Carbs: 5g Protein: 12g

Makes 4 servings

1 cup cherry
tomatoes, halved

1 cup vegan
mozzarella cheese,
cut into pieces

2 tbsp. basil pesto

1 cup vegan
mayonnaise

2 oz. vegan parmesan
cheese

Directions:

Preheat the oven to 350 F.

In a baking dish, mix the cherry tomatoes, vegan mozzarella, basil pesto, and vegan mayonnaise, half of the vegan parmesan cheese, salt, and black pepper.

Level the ingredients with a spatula and sprinkle the remaining vegan parmesan cheese on top. Bake for 20 M or until the top of the casserole is golden brown.

KETOGENIC VEGETARIAN RECIPES

Salt and freshly
ground black pepper

1 cup arugula

4 tbsp. olive oil

Remove and allow cooling for a few M. Slice and dish into plates, top with some arugula and drizzle with olive oil.

KALE MUSHROOM GALETTE

Preparation Time: 5 M

Cooking Time: 30 M

Nutrition Facts Per Serving

Calories: 640 Total Fat: 62g Total Carbs: 5g

Fiber: 3g Net Carbs: 2g Protein: 16g

Makes 4 servings

Ingredients

Crust

1 tbsp. flax seed
powder

3 tbsp. water

½ cup grated vegan
mozzarella cheese

1 tbsp. vegan butter

½ cup almond flour

Directions:

Preheat oven to 375 F, line a baking sheet with parchment paper, and grease with cooking spray.

In a bowl, mix the flax seed powder with water and allow sitting to thicken for 5 M.

For the crust – place a large non-stick pot over low heat, add the vegan mozzarella cheese and vegan butter, and melt both while stirring continuously. Turn the heat off. Stir in the almond flour,

KETOGENIC VEGETARIAN RECIPES

¼ cup coconut flour

½ tsp. onion powder

1 tsp. baking powder

¼ tsp. salt

Filling

3 oz. dairy-free cream cheese, softened

1 garlic clove, finely minced

Salt and freshly ground black pepper

2/3 cup frozen kale, thawed and drained

2 oz. cremini mushrooms, sliced

2 oz. grated vegan mozzarella cheese

1 oz. grated vegan parmesan cheese

Olive oil for brushing

coconut flour, onion powder, baking powder, and salt.

Pour in the flax egg and combine until a quite sticky dough forms (but not too sticky, otherwise mix in another tablespoon of almond flour). Transfer the dough to the prepared baking sheet, cover with another parchment paper and use a rolling pin to flatten into a 12-inch circle.

After, remove the parchment paper and spread the dairy-free cream cheese on the dough leaving about 2-inch border around the edges. Sprinkle with the garlic, salt, and black pepper.

Squeeze as much liquid as possible out of the kale and spread on top of the cheese, followed by the mushroom. After, sprinkle the vegan mozzarella and parmesan cheese on top.

Fold the ends of the crust over the filling and brush with olive oil. Bake until the cheese has melted and the crust golden brown, about 25 to 30 M. Slice and serve with arugula salad.

WHITE PIZZA WITH MIXED MUSHROOMS

Preparation Time: 10 M

Cook Time: 25 M

Nutrition Facts Per Serving

Calories: 750 Total Fat: 69 Total Carbs: 11g

Fiber: 5g Net Carbs: 6g Protein: 22g

Makes 4 servings

Ingredients

Crust

2 tbsp. flax egg

6 tbsp. water

$\frac{1}{2}$ cup vegan
mayonnaise

$\frac{3}{4}$ cup almond flour

Directions:

Crust

2 tbsp. flax egg

6 tbsp. water

$\frac{1}{2}$ cup vegan mayonnaise

$\frac{3}{4}$ cup almond flour

1 tbsp. psyllium husk powder

1 tsp. baking powder

KETOGENIC VEGETARIAN RECIPES

1 tbsp. psyllium husk powder

1 tsp. baking powder

$\frac{1}{2}$ tsp. salt

Topping

2 oz. mixed mushrooms, sliced

1 tbsp. basil pesto

2 tbsp. olive oil

Salt and freshly ground black pepper

$\frac{1}{2}$ cup coconut cream

$\frac{3}{4}$ cup shredded vegan parmesan cheese

$\frac{1}{2}$ tsp. salt

Topping

2 oz. mixed mushrooms, sliced

1 tbsp. basil pesto

2 tbsp. olive oil

Salt and freshly ground black pepper

$\frac{1}{2}$ cup coconut cream

$\frac{3}{4}$ cup shredded vegan parmesan cheese

EGGPLANT FRIES WITH CHILI AIOLI AND BEET SALAD

Preparation Time: M

Cooking Time: M

Nutrition Facts Per Serving

Calories: 850 Total Fat: 77g Total Carbs: 14g

Fiber: 6g Net Carbs: 8g Protein: 26g

Makes servings

Ingredients

Eggplant Fries

2 tbsp. flax seed
powder

6 tbsp. water

2 eggplants

2 cups almond flour

Directions:

Make the eggplant fries. Preheat the oven to 400 F and grease a baking sheet with cooking spray.

In a bowl, combine the flax seed powder with water and allow sitting to thicken for 5 M.

Use a mandolin slicer to peel the eggplants and cut into French-fry pieces. Set aside.

KETOGENIC VEGETARIAN RECIPES

Salt and freshly
ground black pepper

2 tbsp. olive oil

Spicy Aioli

1 tbsp. flax seed
powder

3 tbsp. water

2 garlic cloves,
minced

$\frac{3}{4}$ cup light olive oil

$\frac{1}{2}$ tsp. red chili flakes

$\frac{1}{2}$ tsp. salt

$\frac{1}{4}$ tsp. freshly ground
black pepper

1 tbsp. freshly
squeezed lemon juice

3 tbsp. dairy-free
yogurt Beet salad

$3\frac{1}{2}$ oz. beets, peeled
and thinly cut

$3\frac{1}{2}$ oz. red cabbage,
shredded

In a deep plate, mix the almond flour, salt, and black pepper.

Dip the eggplant lightly into the flax egg, then in the almond flour, and then in the flax egg, and finally in the flour mixture.

Place the eggplant on the baking sheet and drizzle with the olive oil. Bake until the fries are crispy and brown, about 15 M.

Meanwhile, make the aioli – mix the flax seed powder with water in a bowl and set aside to thicken for 5 M.

Whisk in the garlic while pouring in the olive oil gradually. Stir in the red chili flakes, salt, black pepper, lemon juice, and dairy-free yogurt. Adjust the taste with salt, garlic or yogurt as desired.

For the beet salad, in a salad bowl, combine the beets, red cabbage, cilantro, olive oil, lime juice, salt, and black pepper. Use two spoons to toss the ingredients until properly combined.

KETOGENIC VEGETARIAN RECIPES

2 tbsp. fresh cilantro

2 tbsp. olive oil

1 tbsp. freshly
squeezed lime juice

Salt and freshly
ground black pepper

Serve the eggplant fries with the
chili aioli and beet salad.

TEMPEH GRAM MASALA BAKE

Preparation Time: 5 M

Cook Time: 24 M

Nutrition Facts Per Serving

Calories: 610 Total Fat: 47g Total Carbs: 11g

Fiber: 6g Net Carbs: 5g Protein: 35g

Makes 4 cups

Ingredients

3 tbsp. vegan butter

3 cups tempeh slices

Salt

2 tbsp. gram masala

1 green bell pepper,
finely diced

Directions:

Preheat the oven to 400 F.

Place a skillet over medium heat, add, and melt the vegan butter. Meanwhile, season the tempeh with some salt. Fry the tempeh in the vegan butter until browned on both sides, about 4 M.

Stir half of the garam masala into the tempeh until evenly mixed; turn the heat off.

KETOGENIC VEGETARIAN RECIPES

1¼ cups coconut
cream

1 tbsp. fresh cilantro,
finely chopped

Transfer the tempeh with the spice into a baking dish.

Then, in a small bowl, mix the green bell pepper, coconut cream, cilantro, and remaining garam masala.

Pour the mixture over the tempeh and bake in the oven for 20 M or until golden brown on top.

Garnish with cilantro and serve with some cauli rice.

VEGAN CORDON BLEU CASSEROLE

Preparation Time: 10 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 980 Total Fat: 92g Total Carbs: 8g

Fiber: 2g Net Carbs: 6g Protein: 30g

Makes 4 servings

Ingredients

2 cups grilled tofu

1 cup smoked seitan

1 cup dairy-free
cream cheese

1 tbsp. mustard
powder

1 tbsp. plain vinegar

Directions:

Preheat oven to 400 F. Place the tofu and seitan on a chopping board and chop both into small cubes. Mix the dairy-free cream cheese, mustard powder, plain vinegar, and vegan cheddar cheese in a baking dish. After, top with the tofu, seitan, and season with salt and black pepper.

Bake in the oven until the casserole is golden brown on top, about 15 to 20 M. Serve

KETOGENIC VEGETARIAN RECIPES

1 ¼ cup shredded
vegan cheddar cheese

Salt and freshly
ground black pepper

½ cup baby spinach

4 tbsp. olive oil

with some baby spinach and a
generous drizzle of olive oil.

SEITAN CAULIFLOWER GRATIN

Preparation Time: 10 M

Cook Time: 27 M

Nutrition Facts Per Serving

Calories: 480 Total Fat: 40g Total Carbs: 15g

Fiber: 5g Net Carbs: 10g Protein: 16g

Makes 4 servings

Ingredients

2 oz. vegan butter

1 leek, coarsely
chopped

1 white onion,
coarsely chopped

2 cups broccoli
florets

Directions:

Preheat the oven to 450 F.

Put half of the vegan butter in a pot, set over medium heat to melt. Add the leek, white onion, broccoli, and cauliflower and cook until the vegetables have softened, about 6 M. Transfer the vegetables to a baking dish.

Melt the remaining butter in a skillet over medium heat, and cook the seitan until browned. Mix the coconut cream and mustard powder in a bowl.

KETOGENIC VEGETARIAN RECIPES

1 cup cauliflower
florets

2 cups crumbled
seitan

1 cup coconut cream

2 tbsp. mustard
powder

5 oz. shredded vegan
Parmesan cheese

4 tbsp. fresh
rosemary

Salt and freshly
ground black pepper

Then, pour the mixture over the vegetables.

Scatter the seitan and vegan parmesan cheese on top and sprinkle with the rosemary, salt, and pepper. Bake for 15 M. Remove to cool for a few M and dish into serving plates.

CREAMY BRUSSELS SPROUTS BAKE

Preparation Time: 6 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 420 Total Fat: 34g Total Carbs: 15g

Fiber: 8g Net Carbs: 7g Protein: 13g

Makes 4 servings

Ingredients

3 tbsp. vegan butter

1 cup tempeh, cut
into

1-inch cubes

1½ lbs. halved
Brussels sprouts

5 garlic cloves,
minced

Directions:

Preheat the oven to 400 F.

Melt the vegan butter in a large skillet over medium heat and fry the tempeh cubes until browned on both sides, about 6 M. Remove onto a plate and set aside. Pour the Brussels sprouts and garlic into the skillet and sauté until nice color forms and fragrant.

Mix in coconut cream and simmer for 4 M. Add tempeh cubes and combine well. Pour the sauté into a baking dish,

KETOGENIC VEGETARIAN RECIPES

1¼ cups coconut
cream

1 1/3 cups shredded
white cheddar cheese

¼ cup shredded
vegan parmesan
cheese

Salt and freshly
ground black pepper
to taste

sprinkle with vegan cheddar
cheese and vegan parmesan
cheese. Bake for 10 M or until
golden brown on top. Serve
with tomato salad.

TOMATO ARTICHOKE PIZZA

Preparation Time: 10 M

Cooking Time: 30 M

Nutrition Facts Per Serving

Calories: 860 Total Fat: 63g Total Carbs: 18g

Fiber: 8g Net Carbs: 10g Protein: 55g

Makes 4 servings

2 tbsp. flax seed
powder

6 tbsp. water

4¼ oz. grated
broccoli

4¼ oz. + 2 oz.
shredded vegan
parmesan cheese

½ tsp. salt

Directions:

Preheat the oven to 350 F and line a baking sheet with parchment paper.

In a medium bowl, mix the flax seed powder and water and allow thickening for 5 M.

When the flax egg is ready, add the broccoli, 4 ½ ounces of vegan parmesan cheese, salt, and stir to combine well.

Pour the mixture into the baking sheet and spread out with a spatula. Bake until the

KETOGENIC VEGETARIAN RECIPES

2 tbsp. tomato sauce

2 oz. vegan
mozzarella cheese

2 oz. canned
artichokes, cut into
wedges

1 garlic clove, thinly
sliced

1 tbsp. dried oregano

Green olives for
garnish

crust is lightly browned, about
20 M.

Remove from the oven and spread the tomato sauce on top, sprinkle with the remaining vegan parmesan cheese, vegan mozzarella cheese, add the artichokes, and the slices of garlic. Spread the oregano on top.

Bake the pizza further for 5 to 10 M at 420 F or until the cheese has melted and lightly browned.

Slice the pizza, garnish with the olives, and serve with a chilled blueberry juice.

KETO BROWNIES

Preparation Time: 10 M

*Cooking Time: 20 M + 2hour
refrigeration*

Nutrition Facts Per Serving

Calories: 227 Total Fat: 19g Total Carbs: 5g

Fiber: 2g Net Carbs: 3g Protein: 4g

Makes 4 servings

Ingredients

2 tbsp. flax seed
powder

6 tbsp. water

1/4 cup unsweetened
cocoa powder

1/2 cup almond flour

1/2 tsp. baking
powder

Directions:

Preheat the oven to 375 F and line a baking sheet with parchment paper. Set aside.

Mix the flax seed powder with water in a bowl and allow thickening for 5 M.

In a separate bowl, mix the cocoa powder, almond flour, baking powder, and erythritol until no lumps from the erythritol remain.

KETOGENIC VEGETARIAN RECIPES

½ cup erythritol

10 tablespoons vegan
butter

1/2 cup + 2 tbsp.

2 oz. dairy-free dark
chocolate

½ teaspoon vanilla
extract optional

In another bowl, add the vegan butter and dark chocolate and melt both in the microwave for 30 seconds to 1 minute.

Whisk the flax egg and vanilla into the chocolate mixture, then pour the mixture into the dry ingredients. Combine evenly.

Pour the batter onto the paper-lined baking sheet and bake in the oven for 20 M or until a toothpick inserted into the cake comes out clean.

Remove from the oven to cool completely and refrigerate for 30 M to 2 hours.

When ready, slice into squares, and serve.

VEGAN CHEESECAKE WITH BLUEBERRIES

Preparation Time: 4 M

*Cooking Time: 1 hour 28 M +
overnight refrigeration*

Nutrition Facts Per Serving

Calories: 330 Total Fat: 31g Total Carbs: 4g

Fiber: 0g Net Carbs: 4g Protein: 8g

Makes 6 servings

Ingredients

Crust

2 oz. vegan butter

1¼ cups almond
flour

2 tbsp. Swerve sugar

½ tsp. vanilla extract

Directions:

Preheat the oven to 350 F and grease a 9-inch spring form pan with cooking spray. Line with parchment paper.

To make the crust, melt the vegan butter in a skillet over low heat until nutty in flavor. Turn the heat off and stir in the almond flour, swerve sugar, and vanilla until a dough forms.

Press the mixture into the spring form pan and bake in the

KETOGENIC VEGETARIAN RECIPES

Filling

3 tbsp. flax seed powder

9 tbsp. water

2 cups dairy-free cream cheese

½ cup coconut cream

1 tbsp. Swerve sugar

1 tsp. lemon zest

½ tsp. vanilla extract

2 oz. fresh blueberries

oven until the crust is lightly golden, about 8 M.

For the filling, mix the flax seed powder with water and allow sitting for 5 M to thicken.

In a bowl, evenly combine the cream cheese, coconut cream, swerve sugar, lemon zest, vanilla extract, and flax egg.

Remove the crust from the oven and pour the mixture on top. Use a spatula to layer evenly.

Bake the cake for 15 M at 400 F.

Then, reduce the heat 230 F and bake further for 45 to 60 M.

Remove to cool completely. Refrigerate overnight and scatter the blueberries on top.

Unlock, lift the pan and slice the cake into wedges. Serve immediately.

LIME AVOCADO ICE CREAM

Preparation Time: 10 M

Nutrition Facts Per Serving

Calories: 260 Total Fat: 25g Total Carbs: 4g

Fiber: 0g Net Carbs: 4g Protein: 4g

Makes 4 servings

Ingredients

2 large avocados,
pitted Juice and zest
of 3 limes

1/3 cup erythritol

1 3/4 cups coconut
cream

1/4 tsp. vanilla extract

Directions:

In a blender, combine the avocado pulp, lime juice and zest, erythritol, coconut cream, and vanilla extract. Process until the mixture is smooth. Pour the mixture into your ice cream maker and freeze based on the manufacturer's instructions.

When ready, remove and scoop the ice cream into bowls. Serve immediately.

MIXED BERRY YOGURT ICE POPS

*Preparation Time: 2 M + 8 hours
refrigeration*

Nutrition Facts Per Serving

Calories: 80 Total Fat: 5g Total Carbs: 6g

Fiber: 2g Net Carbs: 4g Protein: 2g

Makes 6 servings

2/3 cup avocado,
halved and pitted

2/3 cup frozen
strawberries &
blueberries, thawed

1 cup dairy-free
yogurt

1/2 cup coconut cream

1 tsp. vanilla extract

Directions:

Pour the avocado pulp, berries, dairy-free yogurt, coconut cream, and vanilla extract. Process until smooth. Pour into ice pop sleeves and freeze for 8 or more hours.

Enjoy the ice pops when ready.

MINT ICE CREAM

*Preparation Time: 10 M +
refrigeration time*

Nutrition Facts Per Serving

Calories: 370 Total Fat: 38g Total Carbs: 4g

Fiber: 0g Net Carbs: 4g Protein: 4g

Makes 4 servings

Ingredients

2 avocados, pitted

1¼ cups coconut
cream

½ tsp. vanilla extract

2 tbsp. erythritol

2 tsp chopped mint
leaves

Directions:

Into a blender, spoon the avocado pulps, pour in the coconut cream, vanilla extract, erythritol, and mint leaves. Process until smooth.

Pour the mixture into your ice cream maker and freeze according to the manufacturer's instructions. When ready, remove and scoop the ice cream into bowls. Serve immediately.

CARDAMOM COCONUT FAT BOMBS

Preparation Time: 5 M

Cooking Time: 2 M

Nutrition Facts Per Serving

Calories: 85 Total Fat: 9g Total Carbs: 2g

Fiber: 1g Net Carbs: 1g Protein: 1g

Makes 6 servings

Ingredients

½ cup unsweetened
grated coconut

3 oz. unsalted vegan
butter, room
temperature

¼ tsp. green
cardamom powder

½ tsp. vanilla extract

Directions:

Pour the grated coconut into a skillet and roast until lightly brown. Set aside to cool.

In a bowl, combine butter, half of the coconut, cardamom, vanilla, and cinnamon. Form balls from the mixture and roll each in the remaining coconut. Refrigerate until ready to serve.

$\frac{1}{4}$ tsp. cinnamon
powder

BERRIES, NUTS, AND CREAM BOWL

Preparation Time: 10 M

Cooking Time: 20 M

Nutrition Facts Per Serving

Calories: 34g Total Fat: 31g Total Carbs: 11g

Fiber: 4g Net Carbs: 7g Protein: 6g

Makes 6 servings

Ingredients

Dark chocolate cake

5 tbsp. flax seed
powder

2/3 cup water

1 cup dairy-free dark
chocolate

1 cup vegan butter

Directions:

Preheat the oven to 320 F; grease a 9-inch spring form pan with cooking spray and line with parchment paper.

In a bowl, mix the flax seed powder with water and allow thickening for 5 M.

Then, break the chocolate and butter into a bowl and melt in the microwave for 1 to 2 M.

Share the flax egg into two bowls; whisk the salt into one

KETOGENIC VEGETARIAN RECIPES

1 pinch salt

1 tsp. vanilla extract

Topping

2 cups fresh
blueberries

4 tbsp. lemon juice

1 tsp. vanilla extract

2 cups coconut cream

4 oz. walnuts,
chopped

½ cup roasted
unsweetened coconut
chips

portion and then, 1 teaspoon of vanilla into the other. Pour the chocolate mixture into the vanilla mixture and combine well. Then, fold into the other flax egg mixture.

Pour the batter into the spring form pan and bake for 15 to 20 M or until a knife inserted into the cake comes out clean.

When ready, slice the cake into squares and share into serving bowls. Set aside.

Pour the blueberries, lemon juice, and the remaining vanilla into a small bowl. Use a fork to break the blueberries and allow sitting for a few M. Whip the coconut cream with a whisk until a soft peak forms.

To serve, spoon the cream on the cakes, top with the blueberry mixture, and sprinkle with the walnuts and coconut flakes. Serve immediately.

CHOCOLATE PEPPERMINT MOUSSE

*Preparation Time: 10 M + 30 M
refrigeration*

Nutrition Facts Per Serving

Calories: 170 Total Fat: 16g Total Carbs: 4g

Fiber: 2g Net Carbs: 2g Protein: 3g

Makes 4 servings

Ingredients

1/4 cup swerve sugar,
divided

4 oz. dairy-free cream
cheese, softened

3 tbsp. unsweetened
cocoa powder

3/4 tsp. peppermint
extract

Directions:

Put 2 tablespoons of swerve sugar, the cream cheese, and cocoa powder in a blender. Add the peppermint extract, warm water, and process until smooth.

In a large bowl, whip the vanilla extract, coconut cream, and the remaining swerve sugar using a whisk. Fetch out 5 to 6 tablespoons for garnishing.

Next, fold in the cocoa mixture until thoroughly combined.

KETOGENIC VEGETARIAN RECIPES

$\frac{1}{4}$ cup warm water

$\frac{1}{2}$ tsp. vanilla extract

$\frac{1}{3}$ cup coconut
cream

Spoon the mousse into serving cups and chill in the fridge for 30 M.

Garnish with the reserved whipped cream and serve immediately

RASPBERRIES TURMERIC PINNA COTTA

*Preparation Time: 3 M + 2 hours
refrigeration*

Cooking Time: 4 M

Nutrition Facts Per Serving

Calories: 270 Total Fat: 27g Total Carbs: 3g

Fiber: 0g Net Carbs: 3g Protein: 4g

Makes 6 servings

Ingredients

$\frac{1}{2}$ tbsp. unflavored
powdered gelatin

$\frac{1}{2}$ tsp. water

2 cups coconut cream

$\frac{1}{4}$ tsp. vanilla extract

Directions:

Mix the gelatin and water and allow sitting to dissolve.

Pour the coconut cream, vanilla extract, turmeric, and erythritol into a saucepan and bring to a boil over medium heat, then, simmer for 2 M. Turn the heat off.

Stir in the gelatin until dissolved.

KETOGENIC VEGETARIAN RECIPES

1 pinch turmeric
powder

1 tbsp. erythritol

1 tbsp. chopped
toasted pecans

12 fresh raspberries

Pour the mixture into 6 glasses, cover with a plastic wrap, and refrigerate for 2 hours or more. Remove, top with the pecans and raspberries, and serve immediately.

WALNUT CHOCOLATE SQUARES

Preparation Time: 5 M

Cooking Time: 3 M

Nutrition Facts Per Serving

Calories: 125 Total Fat: 10g Total Carbs: 6g

Fiber: 3g Net Carbs: 3g Protein: 2g

Makes 6 servings

Ingredients

3½ oz. dairy-free dark
chocolate,
unsweetened

4 tbsp. vegan butter

1 pinch salt

¼ cup walnut butter

½ tsp. vanilla extract

Directions:

Pour the chocolate and vegan butter in a safe microwave bowl and melt in the microwave for about 1 to 2 M.

Remove the bowl from the microwave and mix in the salt, walnut butter, and vanilla extract.

Grease a small baking sheet with cooking spray and line with parchment paper. Pour in the batter and use a spatula to

KETOGENIC VEGETARIAN RECIPES

$\frac{1}{4}$ cup chopped
walnuts to garnish

spread out into a 4 x 6-inch rectangle.

Top with the chopped walnuts and chill in the refrigerator.

Once set, cut into 1 x 1-inch squares. Serve while firming.

WHITE CHOCOLATE FUDGE

Preparation Time: 5 M

*Cooking Time: 15 M + 3 hours
refrigeration*

Nutrition Facts Per Serving

Calories: 116 Total Fat: 11g Total Carbs: 3g

Fiber: 0g Net Carbs: 3g Protein: 2g

Makes 6 servings

Ingredients

2 cups coconut cream

1 tsp. vanilla extract

3 oz. vegan butter

3 oz. unsweetened
white chocolate
Swerve sugar for
sprinkling

Directions:

Pour coconut cream and vanilla into a saucepan and bring to a boil over medium heat, then simmer until reduced by half, about 15 M. Stir in vegan butter until the batter is smooth.

Chop white chocolate into bits and stir in the cream until melted. Pour the mixture into a baking sheet; chill in the fridge for 3 hours. Cut into squares, sprinkle with swerve sugar, and serve.

BERRY HAZELNUT TRIFLE

Preparation Time: 5 M

Nutrition Facts Per Serving

Calories: 360 Total Fat: 34g Total Carbs: 10g

Fiber: 3g Net Carbs: 7g Protein: 4g

Makes 4 servings

Ingredients

1 ½ ripe avocados

³/₄ cup coconut cream
Zest

Juice of ½ a lemon

1 tbsp. vanilla extract

3 oz. fresh
strawberries

2 oz. toasted
hazelnuts

Directions:

In a bowl, add avocado pulp, coconut cream, lemon zest and juice, and half of the vanilla extract. Mix with an immersion blender. Put the strawberries and remaining vanilla in another bowl and use a fork to mash the fruits. In a tall glass, alternate layering the cream and strawberry mixtures. Drop a few hazelnuts on each and serve the dessert immediately

CACAO NUT BITES

Preparation Time: 2 M

Cooking Time: 2 M

Nutrition Facts Per Serving

Calories: 72 Total Fat: 5g Total Carbs: 5g

Fiber: 2g Net Carbs: 3g Protein: 2g

Makes 4 servings

Ingredients

3 ½ oz. dairy-free
dark chocolate

½ cup mixed nuts
(hazelnuts, walnuts,
pecans)

2 tbsp. roasted
unsweetened coconut
chips

1 tbsp. sunflower
seeds

Directions:

Pour the chocolate into a safe microwave bowl and melt in the microwave for 1 to 2 M.

Into 10 small cupcake liners (2-inches in diameters), share the chocolate. Drop in the nuts, coconut chips, sunflower seeds and sprinkle with some salt. Chill in the refrigerator until firm.



Sea salt

CINNAMON FAUX RICE PUDDING

Preparation Time: 17 M

Nutrition Facts Per Serving

Calories: 225 Total Fat: 20g Total Carbs: 5

Fiber: 2g Net Carbs: 3g Protein: 6g

Makes 6 servings

Ingredients

1 ¼ cups coconut
cream

1 tsp. vanilla extract

1 tsp. cinnamon
powder

1 cup mashed tofu

2 oz. fresh
strawberries

Directions:

Pour the coconut cream into a bowl and whisk until a soft peak forms. Mix in the vanilla and cinnamon. Lightly fold in the vegan cottage cheese and refrigerate for 10 to 15 M to set.

Spoon into serving glasses, top with the strawberries and serve immediately.

AVOCADO TRUFFLES WITH CHOCOLATE COATING

Preparation Time: 4 M

Cooking Time: 1 M

Nutrition Facts Per Serving

Calories: 70 Total Fat: 6g Total Carbs: 3g

Fiber: 1g Net Carbs: 2g Protein: 2g

Makes 6 servings

Ingredients

¼ cup cocoa powder

¼ cup slivered
almonds

¼ cup sugar-free
caramel syrup

½ cup pumpkin
puree

Directions:

Line six muffin tins with muffin liners and preheat oven to 350oF.

In a large mixing bowl, whisk well egg and salt.

Whisk in caramel syrup, baking powder, pumpkin puree, cinnamon, apple cider, vanilla extract, and coconut oil. Mix thoroughly.

KETOGENIC VEGETARIAN RECIPES

1 tablespoon baking powder

½ teaspoon salt

1 cup golden flaxseed meal

1 large egg

1 tablespoon cinnamon

1 teaspoon apple cider vinegar

1 teaspoon vanilla extract

2 tablespoons coconut oil

Add cocoa powder and flaxseed meal. Mix well.

Evenly divide batter into prepared muffin tins and sprinkle almonds on top.

Pop in the oven and bake for 15 M.

Cool and enjoy.

CHIA BERRY PUDDING

Preparation Time: 4 hours

Cooking Time: 2 M

Nutrition Facts Per Serving

Total Carbs: 12g Fat: 10g Protein: 5g Calories: 256

Makes 1 servings

Ingredients

1 cup berries

1 cup coconut milk

4 Tbsp. chia seeds

Directions:

Soak the chia seeds in coconut milk and let stand for 10 M.

Puree the berries in a blender.

Transfer the berry puree to the cups, filling $\frac{1}{2}$ of the glass.

Pour coconut chia mixture over the berries.

Refrigerate for 4 hours.